

CHANGES IN LIFE STYLES OF PERSONS IN  
THE POSTDIVORCE PERIOD

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A THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF MASTER OF SCIENCE  
IN THE GRADUATE SCHOOL OF THE  
TEXAS WOMAN'S UNIVERSITY

COLLEGE OF NURSING

BY

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DENTON, TEXAS

DECEMBER 1977

The Graduate School  
Texas Woman's University

Denton, Texas

August 19 77

We hereby recommend that the thesis prepared under  
our supervision by Lana Jo Gomez Bolhouse  
entitled Changes in Life Styles of Persons in the  
Postdivorce Period

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## ACKNOWLEDGEMENTS

I express my appreciation to my committee members. Bennie Harsanyi and Karen Gahan have contributed greatly to the quality of this project. I especially thank Pat Kurtz for sharing her valuable time, her vast knowledge, and her constant concern during the completion of this study.

Several friends have provided steady support. I thank Juanita Millsap for her continual encouragement and her special way of "assessing needs" and "implementing her plan of care" for a thesis writer. I especially appreciate Connie Perry for her friendship, understanding, and support during the past year. I express gratitude for Regena Graham for listening to frustrations as well as successes during the courses of this study. I wish to thank Donna Peterson for her help with the mechanics of this study. I thank Cheryl Lively for her prayer and support during completion of this study.

Also, family members have been supportive. I appreciate my parents, Mr. and Mrs. Joe Gomez, for helping with family tasks while this study was being completed. I thank my sister, Debi Branstetter, and her family for their support. Finally, I thank two of the most important persons in my life, Heath and Audra Bolhouse, for their patience with an impatient mother.

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## CHAPTER I

### INTRODUCTION

In an effort to understand the concept of change, man's thinking has developed a popular model known as process. Identification of and experimentation with a process not only unveils mysteries, but also allows man's mind to keep pace with accelerated change.

The process model is evident in recent investigations. Researchers have identified processes in learning and processes in establishing relationships. There have been investigations into the disestablishment of relationships where death is a factor, but researchers have been slow to look into the dissolutions of relationships, one of which is divorce. Perhaps this fact is due to the relatively small number of divorces in this age and society until recent years. Now the former stability of marriage is being shaken by the rapidly rising number of divorces. Because of its increased population alone, divorce demands investigation. Investigation of the divorce process can hasten the development of a model which may allow one to adjust more rapidly to the change in relationships as the

model helps establish some understanding of the parts of the process.

Psychiatric and mental health nurses have an interest in such research. It is this area of nursing which focuses on the forming of relationships and which is most often concerned with that person who is dissolving a relationship through a divorce and who often needs some validation of his position in the world. Thus, it behooves nurse-therapists to search for an understanding of the divorce process.

This study will examine a part of that process. Adjustment, by nature of the word, implies an aspect of change. In order to adjust to a divorce, one must successfully guide himself through certain changes which occur in the period following a divorce. The identification of changes in attitudes and life styles will be a part of this study.

The type of changes made are thought to be influenced by characteristics such as gender and parenthood of the people involved. This study will examine the changes following a divorce experienced by men and women and by parents and nonparents.

## STATEMENT OF THE PROBLEM

The problem of this study will be to determine the effects of divorce on selected attitudes and life styles of persons in the postdivorce period.

## PURPOSES OF THE STUDY

The purposes of this study will be:

1. To identify and compare selected changes experienced by men and women in the postdivorce period
2. To identify and compare selected changes experienced by parents and nonparents in the postdivorce period

## BACKGROUND AND SIGNIFICANCE

The number of divorced persons in the United States is increasing. Kimmel (1974) states:

The divorce rate has been increasing since the 1960s in this country; . . . In 1972 there were 52 divorced persons for every 1000 intact marriages, which is a substantial increase from 25 per 1000 intact marriages in 1960 (p. 220).

Although the 1972 census figures are the most current reported in the literature, it seems fairly safe to assume the figures will continue an upward trend. In fact, Adams (1975) suggests that the divorce rate for the five-year

period 1971 to 1975 will be higher than any other five-year period in history.

The increase in the number of divorced people has created speculation about characteristics of families which terminate by divorce. Wernick (1974) suggests that the following marriages are those which usually end in divorce: marriages in which the couple has children in the first year of marriage, marriages among the lower economic class, and marriage in societies where marital stability is given a low degree of importance. Another study, examining causes of divorce, was directed by Goode (1956), who interviewed divorced women. From his information he formulated the following causes of divorce: nonsupport, arbitrary authority, complex reasons, drinking, personality problems, an unsatisfactory home life, value divergences, disagreements about consumption patterns, and the "triangle" or extramarital affair.

The kind of study which is absent from the literature is that which focuses on the postdivorce period. Kimmel (1974) states that although statistics provide a certain amount of useful information, they do not indicate the meaning of being divorced. Nye (1957) in his study of children's adjustment to broken homes reflects that many

studies have dealt with the divorce itself rather than with the adjustment period following the divorce.

A part of that adjustment period may be discovered by looking at life styles during that time. Census data provide indicators of living arrangements of divorced persons. From the 1972 census, Kimmer (1974) reports that most divorced persons were living either in apartments or homes. About half of the divorced men were living alone, while about half of the divorced women were living only with their children. He also states that the divorced person experiences changes in social role and status, changes in social ties, and adjustments to social situations. These changes are then followed by a resocialization process in which dating usually begins. This process of resocialization has been the subject of Hunt's (1966) work on the "Formerly Marrieds." He reports that the young unmarried people have found dating easier in today's society than the "Formerly Marrieds." As the number of "Formerly Marrieds" started rising, the number of social activities providing dating grounds for these single persons are increasing steadily.

The various emotions experienced in the postdivorce period have been reported in firsthand accounts of the divorce process (Fuller 1973; Krantzler 1973; Stewart 1974).

Hallett (1974) describes the feelings in the process which she labels as "letting go." Bohannan (1973) describes the emotional aspect of divorce in other terms.

One of the reasons it feels so good to be engaged and newly married is the rewarding sensation that, out of the whole world, you have been selected. One of the reasons that divorce feels so awful is that you have been deselected. It punishes almost as much as the engagement and the wedding are rewarding (p. 477).

When examining the emotional impact of the divorce in terms of men and women, the following studies are significant. Goode (1956) used a sample of 425 divorced women in Detroit. He found that 37 percent had not suffered seriously after the divorce. Only 30 percent reported feelings of being discriminated against. Focusing on social relationships, he reported that more than half of these divorced women retained relationships with former friends while concurrently making new friends. Brandwein et al. (1974) write that economic aspects and authority functions are likely to be most problematic for women.

Krantzler (1973) has considered a comparison of the two sexes. He suggests that the emotional aspects of divorce are the same for men and women. However, he suggests that society makes divorce more difficult for women. For instance, men often do not have the parental responsibilities in addition to the task of establishing a new

social life. He notes also that the woman must enter a social group in which youth and beauty are important attributes.

Another aspect of divorce is the parent versus nonparent role. According to Brandwein et al. (1974) this view of the parent role in the past has been reported from a narrow perspective. Steinzor (1969) also has written concerning the role of the divorced parent. Krantzler (1973) reports the difficulties presented to the divorced parent.

I know of no other aspect of divorce that causes more anguish than parents' fears of how it will affect their children, and their uncertainty over what they can do to minimize its impact. Being a parent, as Sigmund Freud once remarked, is an impossible profession under even the best of circumstances; divorce can expand the truth of his statement to unbearable limits (p. 172).

Rosenberg (1965) focuses on the children rather than the parent as he studied the broken family and the child's self-esteem. However, there are no reports which compare parents and nonparents in relationship to adjustment in the divorce process.

In terms of obtaining help with the adjustment process, Krantzler (1973) emphasizes the lack of available help for the divorced person. Unlike the specific help for widows or widowers going through the grief process, the "helping professionals" have not developed unique

programs designed for the postdivorce adjustment period. Hallett (1974) mentions the lack of social rituals as a barrier to the adjustment process.

One frame of reference for the adjustment process is the response to crisis. Krantzler (1973) defines divorce as "an emotional crisis triggered by a sudden and unexpected loss" (p. 33). Hitchcock describes divorce as loss in which the individual experiences grief and subsequently must proceed through the grief process. Hitchcock (1974) also designates the nurse as being responsible for intervention in such a crisis situation. LeVeck (1974) characterizes the psychiatric nurse's role with newly divorced persons as that of primary prevention of mental illness in high-risk populations.

In summary, divorces are increasing in number. With the statistical information available, prevalence of divorce and some categorical causes of divorce have been established. Statistics do not contribute much to the knowledge of the postdivorce period. The most significant aspects of the postdivorce period can be discussed in terms of life styles, attitudes, and emotions. These may be examined in terms of the postdivorce period as a problem in today's society. Psychiatric nurses have a responsibility in helping with this problem.

## DEFINITION OF TERMS

The following terms will be defined for use in this study:

1. Divorce--The disengagement of a male and female from a marriage contract.
2. Change--A difference in attitude and/or behavior from that experienced by the subject prior to the divorce.
3. Postdivorce period--The time period following the subject-reported date of divorce.
4. Parent--A person who has children presently 18 years of age or younger.

## LIMITATIONS

This study will be limited by the following factors:

1. It is not known whether or not the subjects were living with a nonmarital partner. The presence of change in the postdivorce period could be altered if someone, by his continual physical presence, assumes the role of the former mate.
2. The ages of the subjects were not ascertained. It is possible that life styles vary according to age. The amount of change in these life styles may depend on the

elements of the life style itself in addition to the change in marital status of the person experiencing the divorce.

3. The socioeconomic status of the subjects is not identified. Changes may be affected by socioeconomic status as financial conditions could influence life styles significantly. Change could be limited by lack of alternatives requiring a different financial level.

4. The subjects' experiences of change may be affected by educational levels. The educational process may influence receptivity to change.

5. The changes may be affected by the lengths and qualities of the marriage relationships.

6. The identified changes may be affected by whether or not the subjects were the initiators of the divorce proceedings.

7. The population of persons attending a church group designed for single persons prevents generalizations to any population other than the one specific to this study.

8. It is not known if the subjects were separated from the former spouses or were engaged in any other form of termination prior to the subjects' reported time of divorce.

### DELIMITATIONS

This study will be structured in regards to the following delimitations. This study will include persons who:

1. Are living in Southwest, metropolitan areas
2. Have been divorced for at least six months and not more than five years
3. Have been divorced once and who have not remarried since that divorce
4. Can read and write English

### ASSUMPTIONS

The following assumptions will be made for this study:

1. Subjects are able to identify emotions and attitudes when asked to do so
2. The divorce process requires emotional adjustment

### SUMMARY

This chapter has stated the problem of this study which will be to determine the effects of divorce on persons in the postdivorce period. The purpose will be to identify changes in this period and to compare those

changes identified by men and women and to compare those changes identified by parents and nonparents. In the past few years authors of books and periodicals alike have indicated an interest in and need for studying adjustment in the postdivorce period. There is indication that this focus is a part of the nurse's responsibility in prevention of mental illness.

The following chapter will review the literature in relation to divorce, the divorced parent and nonparent, and the divorced man and woman. This survey will include professional literature as well as the popular literature. Chapter III will describe the methodology from the conception of the research tool to the collection of data from divorced persons in two metropolitan areas. Chapter IV will present the totals and statistical results of the questionnaire administered in the research project. Finally, chapter V will provide the reader with ideas projecting the usefulness of this study by rendering implications and recommendations.

## CHAPTER II

### REVIEW OF THE LITERATURE

Increasingly in the past few years the professional population as well as laymen have been offered material about divorce as a process. Much of this literature has been written by persons experiencing the divorce themselves (Friedan 1976; Fuller 1973; Hallett 1974; Frantzler 1973; Napolitane 1977). According to O'Sullivan (1975) "there was a time when a woman customarily had a baby after one year of marriage; now she has a book after one year of divorce" (p. 45). Following is a review of the literature on divorce, male and female aspects of divorce, parent and nonparent aspects of divorce, and finally, the nurse's role in adjustment to the divorce process.

#### Divorce

A study of statistics validates the idea that divorces are increasing. In comparing statistics from 1970 and 1974, Bernard (1975) found that the number of persons divorced is rising. In 1970, 3.5 percent of all women in the United States were divorced. By 1974, the number had risen to 4.4 percent of all women. The number of divorced

men was slightly less, 2.2 percent in 1970, and 3.1 percent in 1974.

These statistics bear witness to the fact that divorced persons are a part of society, yet their presence seems to be the point at which the clarity comes to an abrupt halt. Bohannan (1971) recognizes that there are no societal rules about what ought to happen during a divorce. Repohl (1976) reports that the patterns of life for the single person are neither well-defined by society nor heartily approved by society. However, he has stated that a common view of single life is that it is one of freedom from responsibility. Christianity Today (1975) states that both conservative and liberal churches have liberalized their attitudes about divorce.

The divorce itself has an economic effect upon its participants. In 1975, the minimum cost of a divorce was reported by Business Week (February 10, 1975) to be \$1,500 per partner in legal fees alone. If the action is contested or if there is a custody fight, the fees are higher. Following the divorce, the cost of living for each of the two separated partners totals a sum greater than the cost of living for the couple living together.

Another effect of the divorce process may be a change in living arrangements (Bernard 1975). Bohannan

(1971) validates the fact that housing is a major problem for both of the divorced persons. Mills (1977) reports moving from her house of many years into an apartment. These kinds of moves have had an impact on Chicago, an example of a metropolitan area. They claim to have unique neighborhoods designed for single persons (U. S. News & World Report 1975).

However, it may be that one of the partners remains in the same place where he or she resided when married. Williams (1976) reports staying in the house that he and his wife had lived in before the divorce.

A change in living arrangements is not the only change reported in the literature. There may be a difference in the ways in which holidays are experienced. Weiss (1975) suggests that the reason holidays are times of sadness for singles is because holidays are times to celebrate traditional family life. If a separation in the family has occurred, then the holiday tends to emphasize the fact that the divorced couple is different from everyone else in society. Hackney (1975) suggests that a Thanksgiving Day schedule may be a difficult problem for singles. She has offered suggestions for the single person during this particular holiday. Colgrove (1976) validates

the difficulty of the holidays. "Sundays are the worst! . . . Holidays are the second worst" (p. 48).

There are other changes in the life of a divorced person. Herman (1974) supports the idea that roles, life styles, and associations change for the newly divorced person. One of these associations mentioned by writers is social relationships with married couples. Weiss (1975) reports that friendships with former friends who are married couples become limited. The "evening sociability" inevitably is terminated. Wiseman (1975) indicates that difficulties arise for a divorced person's relationship with married friends from former years. These relationships are particularly strained if the emotional aspects of the divorce have been made known to the friends. Also, interests of the newly divorced persons tend to quickly diverge from those of the married friends. Miller (1971) speaks to the impact of the reactions of these friends to the divorce. He suggests that not only do friends help determine if the divorce occurs, but they also have an effect on the adjustment period.

Regardless of the marital status of the friends, the divorced person needs someone to fill that role. Weiss (1975) discusses the role of a friend of the single person as one of a confidant; that is, the newly divorced

person must talk to someone about problems and thus selects a friend.

When the divorced person is not with friends, he may find himself alone. Repohl (1976) states that included in the special and unique elements of the social life is solitude. He thinks it is difficult to generalize about different single persons' feelings associated with this "aleness." Some divorced persons see being alone as a relief after a most unpleasant marriage. For others, being alone may be a dreaded isolation as a result of moving to a strange place. Some persons enjoy being alone while others find it a burden. Mills (1977) writes with optimism about the advantages of being alone based on her life following her divorce.

Other changes which occur as a result of divorce tend to be more personal in nature. Wiseman (1975) states that the primary task of the reorientation stage after divorce is the reexamination of identity in many areas, not only vocational and social areas, but also personal and sexual areas. More specifically he suggests that sexual identity and relationships, career choices, role models, and moral and ethical values are all subject to change during the divorce process. Weiss (1975) confirms the

change in identity experienced by persons in the post-divorce period.

One of the personal changes is sexual activity. Napolitane (1977) reports that sexual intercourse as a single person is "adventurous and unpredictable" while married sex is more "secure and ordinary," although the frequency of sexual intercourse generally is less for single persons than for those who are married.

Another personal change is a shift in basic self-concept. Trotter (1976) states that divorce leads to change in self-concept and emotional adjustment. Herman (1974) reports that the lowered self-esteem is common in both men and women in the postdivorce period.

A related issue confronted by the divorced person is that of dependence and independence. Watts (1977) reports a transference of emotional dependence from spouse to herself after eight weeks of separation from that spouse. In contrast to that report, Wiseman (1975) recognizes the possibility of regression to a more dependent and less adequate level of functioning by the newly divorced person.

These personal changes may be manifested in different ways. Watts (1977) reports trouble falling asleep without a sleeping pill after seven weeks of separation.

Business Week (1975) emphasizes that the inevitable difficult adjustment to divorce can affect job performance.

Several writers have focused on the emotional results of a divorce. Weiss (1975) uses the term separation distress to discuss anxiety, tension, inability to sleep, and sadness, as well as feelings of worthlessness. He further suggests that for most people the period of shock and disbelief is brief, if even present, and that almost immediately emotional and social unrest sets in. Herman (1974) concurs that depression is a difficult but necessary stage of the divorce process. Atkin and Rubin (1976) report the following feelings after the divorce: depression, self-pity, anger, resentment, guilt. Colgrove et al. (1976) suggest that lowered self-esteem, guilt, and worry are symptoms of the stress experienced after loss. O'Sullivan (1975) adds that the loss in divorce is compounded by rejection, humiliation, jealousy, and bitterness. Williams (1976) states that five years after his divorce he still felt periods of depression and loneliness.

Briscoe and Smith (1975) have reported results from a study comparing recently divorced persons who met the criteria for primary depression with hospitalized depressives experiencing primary depression and recent widows and widowers experiencing primary depression. They found

that the divorced depressives reported weight loss, somatic complaints, self-pity, blaming others for depression, and death wishes significantly more frequently than the hospitalized depressives. In the same study the researchers discovered that the divorced depressives reported slowed thoughts, death wishes, suicidal ideation, loss of ability to concentrate, and irritability significantly more frequently than the bereaved depressives. Also, the divorced depressives reported significantly more experiences with a psychiatrist and/or hospitalization for the depressions than did the bereaved depressives.

There are questionable reports of the absence of negative feelings and even the presence of positive feelings following a divorce. Watts (1977) reported a "blissful absence of tension" one week after separating from her spouse, and after three weeks she labeled her life alone as a liberating experience. Atkin and Rubin (1976) state that if there is a feeling of relief, it is only temporary and will inevitably be replaced by feelings of guilt, doubt, and uncertainty. Weiss (1975) notes that some newly divorced individuals experience euphoria in that they experience new self-confidence and excitement about a new sense of freedom. These individuals display tension and anxiety seemingly without being aware of it.

Regardless of the experience, a couple of writers suggest that the outcome is characterized by "self-growth." Watts (1977) testifies of "self-growth" after four weeks of separation. Wiseman (1975) states that the process of divorce can be described as one of both growth and grief.

Watts (1977) is an example of the persons who have reported time periods in conjunction with the adjustment to the divorce process. Weiss (1975) estimates the time required for adjustment to be between two and four years. The indicators of successful adjustment are a coherent and stable identity and the reestablishment of a stable life pattern. Williams (1976) reports the first year to be the worst emotionally for himself as well as others in the postdivorce period.

The adjustment process itself has been the subject of other writings. Colgrove et al. (1976) outline the process of recovering from loss in a divorce as three stages, shock and denial, anger and depression, and finally understanding and acceptance. Herman (1974) identifies the acceptance stage of the divorce process as the one in which the divorced person has a higher opinion of himself. Paul Bohannon (1973) has formulated the six stations of divorce based on information gathered from interviews with divorced persons. He suggests that these experiences may occur in

different order and varying intensities, and thus make the divorce process very complex.

The first station he describes is the emotional divorce. This aspect of the divorce occurs when the coupled partners first realize that the marriage is deteriorating. Bohannan (1973) identifies grief and sexual problems as two of the difficulties present in this stage of the divorce.

The second stage he identifies as the legal divorce. This stage is concerned with completing the legal process necessary for the divorce. The main problems revolve around finding an adequate lawyer. He suggests that the main feeling is one of bewilderment.

The third segment he has labeled the economic divorce. This portion of the process centers around property settlements and economic arrangements such as alimony and/or child support. Persons in this stage often feel cheated.

The fourth aspect Bohannan (1973) names as the coparental divorce. This part of the divorce concerns the parents who divorce each other and the effect of that divorce on children and parents. This stage is characterized often by guilt.

The fifth station is described as the community divorce, which deals with the friends of the divorced persons. The main problem is suggested to be loneliness. Anger is the predominant feeling.

The sixth stage Bohannan (1973) identifies as the psychic divorce. This stage implies that the divorce process forces one to re-evaluate self-identity, which often reveals a decrease in the opinion of one's self. This sixth station is the process of confronting the problem of autonomy and then becoming a "whole person" again. The prevailing feeling may be anxiety.

However the process is described, there are those who contend that the process could be helped if there were appropriate social rituals for divorce. Shidler (1975) mentions the psychological and social importance of rituals of marriage, which provide an initiation for the couple and their friends into the newly formed association. Not only does she suggest the necessity of such rituals for the divorcing couple, but she also offers a possible religious ceremony for the occasion. Bohannan (1973) also recognizes that "there is no recognized way to mourn a divorce."

Finally, maladjustment of the divorce may be another kind of a problem. Business Week (1975) lists the following as signs of trouble with divorce adjustment: inability to

make decisions and delegate authority, frequent medical complaints, excessive eating or drinking, excessive withdrawal from society.

#### Male and Female Aspects of Divorce

The divorce process directly involves one male and one female. Therefore, one observation available is that of the male perspective and the female perspective.

In a study of college students at the University of Illinois, Conley and O'Rourke (1973) reported that there was little difference between male attitudes and female attitudes about divorce. The attitudes experienced by the divorced female, however, may be ones of disapproval. Napolitane (1977) admits that divorce is an accepted fact in society today; but, she also claims that it is one of the most emotionally exhausting experiences a woman ever goes through. The idea that the divorcee often receives disapproval from persons around her is validated by Bohannan (1973).

Other aspects of the divorce process may be role-related. Gunter (1977) emphasizes that all aspects of the divorce process are role-related. He further suggests that divorce filing patterns are especially indicative of role behaviors.

Statistical studies by Bernard (1975) suggest some differences in living arrangements of divorced men and women. In 1970, there were 18.9 percent of divorced women listed as living in families of which they were not the head. This figure had declined to 14.4 percent in 1974. At the same time the amount of divorced women counted as head of the family increased from 46.2 percent in 1970 to 50.6 percent in 1974. Bernard (1975) attributes these numerical changes to greater independence in divorced women.

In 1970, 24.3 percent of divorced men were listed as living in families of which they were not head, while in 1974 that number had increased to 26.4 percent. The number of divorced men counted as head of the family decreased from 13.0 percent to 12.4 percent. "In both 1970 and 1974, the proportion of divorced men who had 'gone home to mother' was greater than the proportion of divorced women who had" (Bernard 1973, p. 586).

In other comparisons between divorced men and divorced women Bernard (1975) notes that: (1) more divorced women than men were heads of households and heads of families, (2) fewer divorced women than men lived alone up to the age when children have left home, and (3) the proportion of both men and women who lived alone was declining, considerably more for men than for women.

These statistics do not indicate the kind of physical structure inhabited by either sex. Dr. Gunhild Hagestad, assistant professor in the department of behavioral sciences at the University of Chicago, states that single women move into apartment complexes open only to singles in order to reduce the risk of crime and to simplify their social life.

Another role-related aspect of the divorce is the issue of alimony. Business Week (1975) reports that changes have occurred in recent years concerning alimony. Women are having a harder time collecting alimony whether they are working or not.

Yet finances continue to be a problem, especially for women. Lake (1976) calls attention to the fact that many divorced women, if they have been full-time homemakers before the divorce, attempt to enter the job market with few or no skills or past experience. Friedan (1976) reports that divorcees suffer from economic deprivation. Weiss (1975) adds that there is the possibility that middle-income women may be less secure financially following a divorce.

Lake (1976) classifies the divorced woman as the "new poor." Contributing to this label are the following factors: (1) financial settlements by the court are too low for the woman, (2) women lose valuable fringe benefits after

the divorce, and (3) husbands delay, evade, and default on their payments. In addition to other financial difficulties, Kelley (1975) warns that divorced women also have difficulty obtaining auto insurance.

The change in life styles presents unique difficulties for males and females. Trotter (1976) reports that many men have difficulties with responsibilities associated with running a household resulting in a chaotic life style. However, in the first year after the divorce, the households of both males and females are more disorganized than before divorce. Yates (1976) has formulated a "survival manual" for single women, whether divorced, widowed, or never married, who find themselves faced with household problems.

O'Sullivan (1975) has written almost poetically about the newly divorced woman.

She writes on a pad:

"I must learn to:

Open bottles  
 Carry heavy things  
 Open stuck windows  
 Go home alone  
 Investigate the noise in the night  
 Eat alone  
 Make decisions alone  
 Handle money alone  
 Go on trips alone  
 Fight with service companies alone  
 Entertain alone  
 Get through holidays alone  
 Be sick alone  
 Be old alone

Sleep alone."

Everything is changed. She is the single person in the double bed (p. 51).

The male, too, encounters change. Wiseman (1975) reports on the problem of the male going to the grocery store or laundromat alone. Research conducted by Hetherington et al. showed that following the divorce, divorced men had more difficulty with laundry than women (Trotter 1976). In addition, this particular researcher found that divorced men slept less than when married. There was stress due also to the economic maintenance of two households. These problems reportedly interfered with job performance of the divorced man.

Two changes concerning the social life of the divorced person are mentioned in the literature. Bohannon (1973) reports that the biggest problem of divorcees is the feeling of being uncomfortable with married friends. Williams (1976) reports an increase in leisure-time activities, such as bowling and tennis, following his divorce. He discusses these activities when writing about his time alone following his divorce.

However, more often the subject is not friends, but rather how it feels to be alone. O'Sullivan (1975) expresses the "freedom" of women as follows:

They find pressed into their trembling hands a declaration of independence they neither sought

nor understand. Like slaves who were free to starve after Emancipation, they are free to be alone (p. 45).

Yates proposes that being alone need not be a negative experience for a woman. She makes many practical suggestions about how to make this a positive experience.

O'Sullivan (1975) suggests that a woman adjusts to her freedom, although she does not suggest at what time interval following the divorce this adjustment occurs.

The problem of being alone in society brings attention to the female position in the situation. Bernard (1971) writes that although both male and female experience some discomfort in social situations, especially the female is in an awkward position in a society organized around couples. Tooley (1976) states that a woman alone is automatically categorized by society as a second-class citizen. Neuer (1976) reports that both sexes, when alone, suffer from the problem of image, although women suffer more in a society designed for a couple, one male and one female. McLean (1976) reports that a problem for women who are often alone in public is vulnerability to sexual attack.

The amount of social activity experienced by males and females in the postdivorce period has been studied. Trotter (1976) reports that divorced men in a research project by Hetherington et al. (1976) had little social activity for two months after the divorce. At the end of the

two month period, activity increased until the end of the first year after which it leveled off to a level equal to that of divorced women.

There is no doubt that sexual activity is often a part of the social activity. Paul Gebhard (1971) states that because of the increase in permissiveness by today's society, the majority of females who are divorced have sexual intercourse. In research of women divorced between 1939 and 1956, 82 percent of the divorced women studied had sexual intercourse.

However, Napolitane (1977) suggests a difference between sexual needs for single men and women; men may need frequent and indiscriminant sexual interactions while women may need to be more selective. According to Hetherington, during the first year postdivorce, men, in contrast to women, are reportedly pleased with the opportunity for increased sexual activity (Trotter 1976). At the end of the first year, both men and women express the need for an intimate relationship rather than casual sexual encounters. Weiss (1975) suggests that the result of women having casual sexual encounters is an increase in stress. Given the present state of society, females need more security than males. After listing some alternatives,

Yates (1976) settles on the idea that each woman decides her own sexual life style as a single woman.

The issue of remarriage involves social relationships in addition to economic issues. According to Carter and Glick (1970), many men remarry within a short time. Usually they are already an active part of the labor force and can continue in the same job as before the divorce. Women, however, either in an effort to become economically independent or in an effort to simply survive, re-enter the labor force, often after an extended period away from a job. Especially if the women have small children, there is little time for social activity needed to meet eligible men. Therefore, remarriage does not occur as quickly for divorced women as for divorced men, and some divorced women never remarry.

In addition to changes in life styles, the accompanying emotional aspects of adjustment to the divorce process are important to both males and females. Napolitane (1977) lists the following changes and problems in her life after her divorce. Emotionally she experienced loneliness, bitterness, anxiety, pain, and rejection by married friends. She also states that she became the sole caretaker of her two children. Her financial status consisted of "little money and no job." Trotter (1976) states that postdivorce

both men and women report feelings of loneliness. Atkin and Rubin (1976) suggest that for the male the most difficult experiences which require coping processes following the divorce are loneliness and disruption of old habits and routines. Many divorced men report that the worst time in the whole process of divorce is prior to the actual separation of the family. The authors also state that loneliness and guilt follow the formal separation. Yates (1976) validates the conclusion that the newly divorced woman experiences changes sexually, economically, and socially. She also acknowledges the presence of feelings of guilt, bitterness, rejection, and often hatred. Herman (1974) justifies anger experienced by women in that often they have access to little or no money for a while. Compounding this problem are the problems of social isolation, the possible need to go to work, and responsibilities for the children.

A positive comment about adjustment to divorce is offered by Napolitane (1977). She suggests that the self-examination, which is inevitably a part of the divorce process, often enables the woman to be a more confident person.

Parent and Nonparent Aspects of Divorce

Kaseman (1974) states that "in 1973, more than eight million American children were reared in a single-parent home" (p. 113). One possible result of being reared in a single-parent home is reported in the following study of persons who remain single. Spreitzer and Riley (1974) found that females reared by single parents have a greater tendency to remain single than females reared in two-parent homes. They offer three possible explanations. First, these women may have many responsibilities in the family resulting in decreased enthusiasm for marriage as an adult. Secondly, association with the single parent may emphasize the advantages of remaining single. Thirdly, there may be pressure from within the family for the female to remain single. In the same study, divorced parents are associated with a significant number of single males.

Margaret Mead (1971) has suggested that the concern of the effect of divorced parents on children is not essential in societies where children are allowed to interact with many relatives. These relatives seem to provide for the needs of the children in the divorce situation. Atkin and Rubin (1976) reject the divorced family as a deviation from the traditional family structure. Rather, they view it as a new life style.

From the viewpoint of the parent, Dresen (1976) lists the following as variables in coping with the crisis of being a single-parent:

1. The sex-role stereotyping in the previous marital relationship
2. The nature of the existing living arrangements
3. One's knowledge of available resources
4. The availability of money for both necessities and emergencies
5. Time
6. Available support systems

Dresen (1976) suggests that because of the wide variety of skills needed to be a single-parent, hardly anyone is adequately prepared to assume the role when the need first arises. Satir (1972) identifies the special problems often appearing in a one-parent family as:

1. The female giving negative messages to the children about the departed male
2. Feelings of inadequacy experienced by the father in knowing the needs of the children
3. The mother pulling the son into the absent male role

Kaseman (1974) defines the following as significant needs for the single parent: finances, housing, automobile, family

support, friends, extended family for role models, and social outlets for both adult and children.

Carro (1975) attributes many of the difficulties single-parents have to the lack of sufficient money, the lack of quality child care, and the overwhelming emotional pressures associated with raising children alone. Salk (1975) points out that the presence of loneliness and increased responsibilities for the single-parent may intensify the demands of the child or children.

Several writers have spotlighted the conflict between the child's needs and the parent's needs. The problem for the single parent as formulated by Dresen (1976) is how to coordinate the role as a parent and the role as the individual that he or she is. She reports the two most common maladaptive responses to single parenting are over-compensation to the children and denial of personal identity. Kaseman (1974) indicates that with the single mother the needs of the children usually take priority over her own needs as an adult and a female. In fact, many women put a large amount of energy into becoming an ideal mother or a "supermother." The result of the neglect of her feminine needs may result in low self-esteem, anger, and frustration. Also, her appearance may suffer, and she may gain weight.

Bohannon (1973) supports the fact that the single mother has difficulty in filling the male role in the family. Especially if there are young children present, she may have difficulty even accomplishing the routine tasks of everyday life. He also notes that supplementary help with these chores is quite costly. Added to the mechanical problem is the change in role from wife and mother to simply mother. Atkin and Rubin (1976) discuss the plight of the divorced father as being difficult because he is only allowed a limited time with his child, he does not know what to do or how to behave with the child, and he must return his child to the custody of someone with whom his relationship may be less than desirable.

Economic issues may also be a problem for the single parent. Dresen (1976) reports that finances usually become a crucial issue for most single parents. Tooley (1976) states that from her clinical experience she has observed that the postdivorce mothers experience a loss of more than half the income of the family prior to the divorce.

The once-considered-normal household chores must be redistributed in the single-parent household.

The single-parent household is understaffed, and hence division of labor is altered. Our do-it-yourself world assumes both an adult male and an

adult female in the household. When one or the other is not there, but children are, a harrowing lack of services results (Bohannon 1973, p. 250).

Dresen (1976) cites an example of a single mother who took a course in auto mechanics in order to do her own car maintenance. According to Trotter (1976), the first problems confronted by parents in the postdivorce period are those related to household maintenance and economic and occupational difficulties.

Another period of unrest for the single-parent family is the family-oriented holiday. Dresen (1976) reports that holidays, which are traditionally family-oriented periods, are especially difficult for the single parent. Rose (1975), in reporting on interviews with eight single parents, indicates that while some single parents find the holidays troublesome emotionally, others find the holidays as happy as ever.

There are more problems for the single parent. Dresen (1976) mentions the lack of someone to talk to about daily events as a problem for the single parent. She also states that an added burden on the newly divorced parent is the increase in decision making.

The scheduling of time to be spent with the other parent may cause some problem. McClain states in an interview in U. S. News and World Report that social life for

the divorced mother is complicated due to the scheduling of time for her children to spend with their father.

The general lack of outside-the-home contacts presents the single mother with a problem. Research results indicate that while all single parents complain about socializing in a couple-organized society, the single mother especially has limited recreational opportunities (Trotter 1976). Kaseman et al. (1974) have found that most single-parent mothers feel isolated and lonely; they identify their greatest need to be companionship.

Although the need may be present, the ability may be absent. Trotter (1976) reports that in the postdivorce period, single parents function more poorly in social situations and are less competent in heterosexual relations. Kaseman (1974) states that while many single mothers are aware of their sexual needs, they may have guilt about this need. Dresen (1976) suggests that the normal sex drive of the single parent may be denied.

The selection of a future mate may be a complex process. Salk (1975) notes that the single parent usually considers a prospective mate with criteria for a good parent in mind.

Reports of emotions following a divorce of parents are varied. Hetherington et al. report that two months

after their divorce about one-fourth of the mothers as compared to one-third of the fathers testified to a wonderful sense of freedom (Trotter 1976). After one year, all parents were reporting depression, anxiety, or apathy. Tooley (1976) reports increased intrafamilial tension during times of stress in the postdivorce period. She attributes this increased tension to the mothers' lack of emotional and financial support. Trotter (1976) indicates that difficulties experienced by divorced mothers are compounded by the fact that in many instances children oppose their mothers and comply with their fathers.

The happiness of all the family members is in jeopardy following the divorce. Trotter (1976) reports poor parenting by most single parents in the first two years following divorce. However, Kaseman (1974) explains that while families in transition may need additional support, they need not be considered pathological.

In a research project conducted by Phelps (1969), he found that one-parent mothers differ significantly from their two-parent mother counterparts in regard to child-rearing practices. Single-parent mothers did not allow their children as much freedom to express aggression and to learn about sex. They also limited their children's exposure to influences outside the home more than the

mothers from the two-parent families. Also, the single-mothers blamed adult males more for domestic problems. In the area of their children's development, single-mothers expected more rapid physical and psychological development than did the other mothers.

In a different comparison Bohannon (1971) contrasts the male parent and the female parent. The male often is upset by the fact that his children are being brought up by a person with different values than his. However, the female parent's problem is making decisions in the household by herself.

Horn (1977) reports that in the first half of 1977, there are nearly half a million families led by single fathers. One reason for this number is that courts are not automatically giving mothers custody of their children following divorce. Two studies reported by Horn (1977) support the male's position of being a capable single father. These single-fathers report that they do their own household chores with occasional help from the children. The two problems the single-fathers did report were teaching their daughters to be feminine and talking with them about sex. All aspects considered, the single fathers felt they were not adequately prepared for their role, but that they were successful as a parent. Salk (1975) suggests

that divorced women have been reluctant to share parenting responsibilities with exhusbands because of the possibility for society to condemn the mother for neglect of her children. Kaseman (1974) uses the theoretical framework of "expressionistic" role versus "instrumentalist" role to explain the problem of the single parent, and specifically the single mother. The expressionistic role is usually assumed by the mother who identifies and meets the emotional needs of the family. The instrumentalist role, usually assumed by the father, is concerned with family organization, structure, and discipline. No matter who assumed which role in the former family unit, the single parent must assume both roles. This change presents problems for most women.

#### The Nurse's Role in Divorce Adjustment

In the process of adjusting to a divorce, Bohannan (1971) suggests that one reason divorce is so traumatic is because divorced persons do not know what is expected of them. Hetherington states that "it is important that parents and children be realistically prepared for problems associated with divorce that they may encounter" (Trotter 1976, p. 238). Bledsoe (1977) advocates the inclusion of divorce in the high school curriculum as there are few students who do not have some association with divorce.

Postdivorce counseling has been offered as an alternative. While stating that time will often help most of the symptoms that occur during the divorce adjustment period, Business Week (1975) suggests postmarriage counseling for those who think they need it. It is suggested that a clean-cut divorce will require only a few weeks or a few months of weekly sessions. Weiss (1975) supports the position that professional counselors can help the divorcing person. His position is that a professional is a greater support to the divorcing person than a friend because the professional has a better understanding of the nature of the problem, more objectivity, and a true dedication to his client. Watts (1977) reports termination with her therapist after six months of counseling. These sessions began before the separation and continued until twelve weeks after the separation. Self-worth was reported to be a result of these sessions.

From the perspective of the therapist, it has been reported that counseling is valuable for divorced clients. Wiseman (1975) supports the positive effect of therapy with a client in the divorce process. He suggests that the experience may result in the attainment of new levels of functioning. Kaseman (1974) proposes a family therapist as an intervener in the problems of the single-parent family.

Sheffner and Suarez (1975) have reported the effective use of mental health professionals in conjunction with the legal system in California for problems that come before the court in the years following a divorce.

The adjustment to divorce often presents a challenge for the therapist as well as the client. Napolitane (1977) criticizes therapists by suggesting that those who have not been divorced do not understand the emotional impact of the process. Kaseman (1974) suggests that clients and clinicians have difficulty understanding the process of divorce. She offers relations theory as a basis for discussing the loss of the relationship.

Wiseman (1975) suggests four "musts" for the therapist working with a client in the divorce process. First is the need for the therapist to identify the stage of the process which fits the client's feelings and behaviors. Second is the need for the therapist to provide the client with permission to express appropriate feelings. Third is the need for the therapist to provide counseling about finances, parenting, social contact, help from support systems, and realistic aspects of sexual activity. Fourth is the need for the therapist to convey an attitude about divorce which indicates that divorce is a "normal process with specific tasks to be mastered, recognizable

stresses to be dealt with, and satisfactions and goals to be sought for" (Wiseman 1975, p. 212).

Nursing, a profession concerned for the emotional well-being of a person, is recognizing a change in the family structure. Bevis (1973) suggests that the changing structure of the family and the accompanying change in family roles will result in changes in curriculums which are educating nurses for the future.

Herman (1974) suggests that nursing has neglected its responsibility for helping the newly divorced person through the changes accompanying the divorce process. Although the amount of time to work through the stages of divorce varies, Herman (1974) suggests that appropriate nursing interventions can facilitate the process. Specifically, she emphasizes the necessity for the nurse to listen and articulate reality to the person in the denial stage. Dresen (1976) suggests that nursing interventions be based on knowledge of crisis intervention theory and the concept of change; also, nursing interventions need to be planned for in terms of the full process rather than just the acute symptoms. Wiseman (1975) states that the nurse is of enormous significance in providing reassurance and acceptance especially to the newly divorced woman confronting conflicts about having nonmarital sexual

relationships as the need to experiment sexually is very important to divorced persons.

Although the potential help nursing may provide specifically to the single parent has not been recognized in professional literature, Donner (1972) advocates that the usual two parents may benefit from consultation with the psychiatric nurse. The nurse-therapist specifically needs to help parents anticipate "crisis-potential," and if they already are in crisis, to help parents see why they are in crisis, and what to do about it.

Research has provided a basis for professional nursing literature in the area of divorce. Trotter (1976) reports that most research on divorce in the past has focused mostly on mothers and children and has been descriptive. Wiseman (1975) indicates that the reasons for divorce have been discussed extensively, but there is a definite need for a more intense observation of the complete divorce process. Bernard (1971) offers support for research of the divorce process. He reminds his readers that although research does not eliminate all the emotional effects, it can help relieve the often experienced feelings of guilt and shame.

Bohannon (1973) reiterates that the psychiatric profession has turned its attention to divorce adjustment.

Yet, he calls for reform in the areas of understanding the problems of the divorced person, in developing positive roles for the divorced person, in providing practical services for the divorced person, in improving community life for the divorced person, and finally in giving divorced persons leadership in the areas of reform.

### Summary

A review of the literature confirms the fact that the number of divorces are increasing. There have been reports of changes in living arrangements and social activities as well as changes in personal identity. Other changes reported include changes in life styles and emotions. Adjustment to these changes has been described in terms of a grief process and a process of six different experiences. The literature indicates differences in effects of divorce on men and on women. While aspects of the parental difficulties in the postdivorce period are discussed, the unique changes experienced by the nonparent are not mentioned. The nursing literature supports the need for nurses to expand their knowledge about the divorce process. Also, there exists a need for research about divorce.

## CHAPTER III

### PROCEDURE FOR COLLECTION AND TREATMENT OF DATA

The research design used for this study to identify changes in the postdivorce period and to compare those changes as experienced by men and women and by parents and nonparents is known as a quantitative descriptive study (Brown 1958). The following chapter discusses the setting of the research project, the population, the protection of human rights, the tool used for data collection, the demographic data collected, the procedure for data collection, and the treatment of the data.

#### Setting

Two church-sponsored single adult groups were used as resources for data collection. The first of these groups was from a Southern Baptist church in a metropolitan area in Texas. The church has a total membership of 3,926; of this number 609 are single adults. The program of this church provides a Sunday evening meeting for any single adult who wishes to attend. This group was used as a resource for volunteers for this study.

The other church used as a resource in this study was a Southern Baptist church in a suburb of a metropolitan area in Oklahoma. The total church membership is 5,389; of this number, 611 are single adults. The program of this church provides Bible study classes on Sunday mornings.

Both churches were chosen because of the number of single adults, including divorced persons, available for the research project. The questionnaire was administered on location in both churches for two of the groups during the times and in the usual rooms designated for meetings. The questionnaire was administered to a third group, also from the Oklahoma church, in a motel meeting room at the location of a trip taken to a resort area at the time designated for Bible study.

#### Population

The target population consisted of all persons in the three groups who met the criteria of the study and who were attending the single adult meetings of the two churches selected for this study. Of those who were attending the meetings, sixty-three volunteered to participate in the study and subsequently completed the questionnaire. In order to identify the subjects meeting the criteria of this study, questions asking if subjects were divorced, the number of times divorced, the length of the divorce, and if

subjects had children under eighteen were included in the demographic data. The sample consisted of forty-three persons who actually met the criteria used for this study.

#### Protection of Human Rights

Permission to use individual responses was obtained from each individual agreeing to participate in the research project. The individual was given a permission form (appendix A) containing a statement which granted permission for the investigator to use the questionnaire completed by the subject for this research study. The permission form briefly described the content of the questionnaire and the directions for completion of the questionnaire. A statement was made that discussion would be allowed following completion of the questionnaire. Possible risks and potential benefits were listed followed by a statement that the subject's questions had been answered and that the subject understood he could terminate participation in the research project at any time. The permission form concluded with the subject's signature and the date of the signature.

The group was told that the researcher was interested in identifying changes occurring in the postdivorce period as reported by males and females as well as by parents and nonparents. Those in the group who were not divorced were given a separate form not used in this research project.

Divorced persons were asked to read the permission form and the questionnaire carefully. Then they were asked to sign and date the permission forms if they desired to participate in the project. They were asked not to put their names on the questionnaire in order to provide anonymity for the participants. Participants were told that the permission forms and questionnaires would be collected at different times to make matching of names with questionnaires impossible. An offer was made to provide each group of subjects with a report of the results of the study.

#### Tool

A tool was needed which identified changes in the postdivorce period. Since a review of the literature indicated that no tool had been developed to satisfy the purposes of this study, a tool was developed specifically for this study.

The development of a tool was accomplished by conducting interviews with four divorced persons, two males and two females. Of these four persons, three were parents and one was a nonparent. Each of these interviews was tape recorded. The divorced persons were asked to identify changes that occurred in their lives following their divorces. Each person interviewed signed a permission form allowing the interview to be used for this study.

A list was made of all the changes mentioned by the subjects (appendix B). From this list, twenty-six questions were formulated. The order of appearance of the questions was arranged by randomly drawing the questions from a container in order to minimize the possibility that one question would affect the answering of the following question.

The tool is composed of twenty-six multiple choice questions about changes occurring in the postdivorce period. The questions are multiple choice questions composed of a stem and two, three, or four alternatives for completing the statement. The alternatives offered represent possible directions of change as well as the option for no change in the postdivorce period.

The directions asked each participant to circle the answer which most nearly expressed the appropriate answer to each question. Furthermore, participants were asked to circle only one answer per question and to answer all questions (appendix C).

#### Pretesting

Prior to administration of the questionnaire, the tool was given to five people to test for clarity. The tool was found to identify changes occurring in the postdivorce period. With the demographic data obtained, the tool provided data with which appropriate comparisons could be made.

### Procedure for Data Collection

On October 10, 1976, the investigator administered the tool to a group of single adults at a Southern Baptist church in a metropolitan area in Texas. After answering any questions about the instructions, the research subjects were instructed to proceed with the questionnaire. The researcher remained in the room until the questionnaires were completed. The subjects were asked to pass their permission forms to the end of the row where they were collected. The questionnaires were then collected in the same manner. Following the collection of the questionnaires, subjects were given an opportunity to ask questions and/or make comments. Appreciation was expressed to all who participated. The following week on October 17, 1976, a presentation of the results of the data from that group was made to them.

The same procedure was used in administering the research questionnaire to the second group, a group of single adults from a Southern Baptist church in a metropolitan suburb in Oklahoma. At the time of the research project, this group was on a trip in Arkansas. The questionnaire was administered in a motel meeting room. The group requested that the results of the study be presented to them at a future date.

The above procedure was used in administering the research questionnaire to the third group, a group of single adults from a Southern Baptist church in a metropolitan suburb in Oklahoma. The procedure was carried out in a classroom of the education building of the church itself. The group asked that the results of the questionnaire be presented at a future date.

#### Treatment of Data

The collected data consisted of the answers of forty-three subjects to twenty-six questions about changes occurring in the postdivorce period. Of the twenty-six questions, seven were eliminated because they did not accurately identify changes. Although these questions were included in the pretest and the questionnaire, there were no problems with them until statistical treatment was applied. One of the questions eliminated concerned laundry. One option given did not identify whether that activity, in relation to the laundry, was a change or not. Therefore, an accurate tabulation of those indicating change could not be reached. Similarly, a question concerning car maintenance contained an option with no indication of whether that was a change or no change since the divorce.

Four questions did not ask for change anywhere in the question. The questions asked about how persons felt

with couples in social situations, if persons experienced a sense of relief following the divorce, if persons enjoyed their personal freedom, and how persons felt about their time alone.

One question about sexual activity contained an option which could have been considered the same as one of two other options in the same question. One of the two other options indicated change, while the other one of the two options indicated no change. Therefore, an accurate tabulation of those indicating change could not be performed.

Frequency of responses indicating change were tabulated for each question. The variables tested by each question were then ranked according to frequency of change responses. Frequency of responses indicating change as well as direction of change were tabulated for males, females, parents, and nonparents. A comparison between male and female responses and between parent and nonparent responses was made by using the chi-square statistical test to indicate the level of significance between differences.

#### Summary

The study to identify changes in the postdivorce period and to compare those changes experienced by males and females and by parents and nonparents was conducted in metropolitan areas in Texas and Oklahoma. The sample

population was composed of forty-three subjects who had been divorced only one time for periods between six months and five years. The subjects were informed of potential benefits and of possible risks; they were also assured of anonymity. The tool consisted of twenty-six multiple choice questions designed to identify changes in the postdivorce period. The data were tabulated in order to rank the frequency of change of each variable studied. Chi-square was used to compare responses of males and females and of parents and nonparents.

## CHAPTER IV

### ANALYSIS OF DATA

The following chapter reports the results of the study to identify changes in the postdivorce period and to compare changes as experienced by males with those experienced by females and by parents and nonparents. This chapter also includes the statistical treatment of the data.

The data consisted of answers to twenty-six questions given by forty-three divorced subjects. Of the twenty-six questions, nineteen of them identified changes in the postdivorce period. The results of these questions are discussed in this chapter in terms of life styles, social activities, holidays, values, emotions, and self-issues.

#### Changes in Living Patterns by Males and Females

Responses to each question for males and females were tabulated and are reported as numbers and percentages in the following tables. The percentages were based on the number of persons reporting a change in each of the nineteen variables.

### Life Styles

The responses to questions about life styles are reported in table 1. One of the life styles surveyed concerned a change of residence. Males and females reported similar changes in residence. The most frequent change reported by both was from a house to an apartment. Almost the same number of respondents reported "no change" in residence. Fewer numbers of persons made some other change not listed in the provided alternatives, while very few persons moved from one apartment to another apartment.

In addition to residence, a factor influencing life styles is financial position. A question about change in financial position also yielded similar responses by males and females. The most agreed upon change was that their financial condition was "worse" than it was when married. Fewer persons reported "no change" in financial condition, and fewer still reported a "better" financial condition than when married.

Although not as apparent as residence and finances, another aspect of life styles is the number of major decisions one makes. There was a difference in male and female responses to the question about a change in the number of major decisions they made. This question showed the largest difference between males' and females' reports of changes in

TABLE 1

## LIFE STYLES FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Change in residence						
House to apt	7	35.0	8	36.4	15	35.7
Apt to apt	1	5.0	3	13.6	4	9.5
Other change	5	25.0	4	18.2	9	21.4
No change	7	35.0	7	31.8	14	33.3
No response	0	--	1	--	1	--
Totals	20	100.0	23	100.0	43	99.9
Financial position						
Better	3	15.0	3	13.0	6	14.0
Worse	10	50.0	15	65.2	25	58.1
No change	7	35.0	5	21.7	12	27.9
Totals	20	100.0	23	99.9	43	100.0
Amount of decisions						
More	6	30.0	18	78.3	24	55.8
Fewer	1	5.0	1	4.3	2	4.7
No change	13	65.0	4	17.4	17	39.5
Totals	20	100.0	23	100.0	43	100.0
Amount of sleep						
More	2	10.0	3	13.0	5	11.6
Less	8	40.0	13	56.5	21	48.8
No change	10	50.0	7	30.4	17	39.5
Totals	20	100.0	23	99.9	43	99.9
Weight						
Gained	2	10.0	3	13.0	5	11.6
Lost	4	20.0	8	34.8	12	27.9
No change	14	70.0	12	52.2	26	60.5
Totals	20	100.0	23	100.0	43	100.0

their life styles, while more than twice as many females as males reported making "more" major decisions. Three times as many males as females reported "no change" in the number of decisions made. A small number of both sexes reported making "fewer" major decisions.

Even though females made "more" major decisions in the postdivorce period, their sleep patterns were not disrupted by their divorces. Changes in the amount of sleep were similar for both males and females. The most frequent response was that of "less" sleep. However, almost an equal number reported "no change" in the amount of sleep in the postdivorce period. Very few reported "more" sleep after their divorces.

In addition to sleep, another physical factor reflecting life style is weight. When considering changes in weight, a few more men than women reported "no change" in their weights. A few more women than men lost weight, and only a very small number of both sexes actually gained weight.

#### Social Activities

The responses of males and females to questions about social activities are reported in table 2. One of the most basic elements of social activities is the number of social activities in one's life. Well over half of

TABLE 2

## SOCIAL ACTIVITIES FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Number of social activities						
Increased	15	75.0	16	69.6	31	72.1
Decreased	2	10.0	2	8.7	4	9.3
No change	3	15.0	5	21.7	8	18.8
Totals	20	100.0	23	100.0	43	100.2
Weekend activities						
Same	6	30.0	1	4.3	7	16.3
Different	14	70.0	22	95.7	36	83.7
Totals	20	100.0	23	100.0	43	100.0
Communication about problems						
None now-S	6	30.0	2	8.7	8	18.6
Do now-S	7	35.0	10	43.5	17	39.5
None now-D	2	10.0	3	13.0	5	11.6
Do now-D	5	25.0	8	34.8	13	30.2
Totals	20	100.0	23	100.0	43	99.9
Amount of physical contact						
More	14	70.0	9	39.1	23	53.5
Less	4	20.0	12	52.2	16	37.2
No change	2	10.0	2	8.7	4	9.3
Totals	20	100.0	23	100.0	43	100.0

both males and females in the sample had an "increase" in social activities following their divorces. Small numbers of both sexes reported a "decrease" and "no change" in social activities in general.

A more specific question regarding social activities asked specifically about weekend activities. To this question regarding changes in weekend activities, almost all, 95.7 percent, of the females reported "different" weekend activities than when they were married, and 70 percent of the males reported "different" activities. The remainder of both sexes reported "the same" weekend activities.

A somewhat more intimate social activity was identified as persons were asked about their communicating to other persons about special problems. Communicating special problems to other persons showed no trend for either males or females. The most frequently selected response was that of "talking to other persons" about their problems, which they did when they were married. Almost the same number of males and females indicated that they now talk to someone about those problems, but that is a "change" from when they were married. A few persons reported that they do not talk to anyone about special problems, but that is consistent with communication patterns they had during married life. Still fewer persons reported that they do not talk

to anyone, reporting that as a "change" from patterns during married life.

Another form of communication which is also involved in social activity is physical contact. The amount of physical contact experienced after divorce is different for males and females. Well over half, 70 percent, of the males report "more" physical contact, while 52.2 percent of the females report "less" physical contact. A few persons reported "no change" in the amount of physical contact after divorce.

#### Holidays

Responses to questions about holidays, as reported in table 3, were interesting as these days are special for most persons. Subjects were asked if they spend their holidays with the same persons as they did when they were married or if they spend holidays with different persons. Three-fourths of the males reported spending holidays with different persons, while one-half of the females spent them with different persons.

The emotional atmosphere is an important part of a holiday; therefore, information regarding the mood of holidays was also requested. While over half of the males reported "no change" in holiday mood, half of the females indicated that they were "unhappier." A few persons of both

sexes indicated that since their divorce, they have been "happier" at the holiday season.

TABLE 3  
HOLIDAYS FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Holiday company						
Different	15	75.0	13	56.5	28	65.1
Same	5	25.0	10	43.5	15	34.9
Totals	20	100.0	23	100.0	43	100.0
Holiday happiness						
Unhappier	4	20.0	12	52.2	16	37.2
Happier	2	10.0	4	17.4	6	14.0
No change	14	70.0	7	30.4	21	48.8
Totals	20	100.0	23	100.0	43	100.0

#### Values

The responses to questions about changes in values in the postdivorce period as reported by males and females are represented in table 4. A reflection of one's values can be seen by ascertaining his views on moral issues. When questioned about changes in these views in the postdivorce period, the responses of males and females were very similar. About half of both sexes reported "no change" in their views on moral issues. Of those who did change, most persons reported becoming "more liberal." A small number reported becoming "more conservative."

TABLE 4  
VALUES FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Views on moral issues						
More liberal	6	30.0	9	39.1	15	34.9
More conservative	5	25.0	2	8.7	7	16.3
No change	9	45.0	12	52.2	21	48.8
Totals	20	100.0	23	100.0	43	100.0
Attitudes about sex						
Changed	12	60.0	7	30.4	19	44.2
No change	8	40.0	16	69.6	24	55.8
Totals	20	100.0	23	100.0	43	100.0

One of the most interesting reflections of values is attitudes about sex. There was a difference in male and female reports of change in this area. Over half, 60 percent, of the males reported a change in their attitudes about sex. In contrast, only 30 percent of the females reported a change.

#### Emotions

There were three emotions included in this survey. The results of the questions about changes in emotions are represented in table 5. The first of these, anger, showed differences in responses by males and females. About half of the females reportedly experienced "less" anger, while about

TABLE 5

## EMOTIONS FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Amount of anger						
More	3	15.0	8	34.8	11	25.6
Less	6	30.0	12	52.2	18	41.9
No change	11	55.0	3	13.0	14	32.6
Totals	20	100.0	23	100.0	43	100.1
Amount of sadness						
More	13	65.0	12	52.2	25	58.1
Less	2	10.0	10	43.5	12	27.9
No change	5	25.0	1	4.3	6	14.0
Totals	20	100.0	23	100.0	43	100.0
Amount of loneliness						
More	13	65.0	8	34.8	21	48.8
Less	1	5.0	7	30.4	8	18.6
No change	6	30.0	8	34.8	14	32.6
Totals	20	100.0	23	100.0	43	100.0

the same number of males reported "no change" in the amount of anger. About one-third of the females reported "more" anger; the same number of males reported "less" anger. A few females reported "no change" and a few males reported "more" anger than when married.

The second emotion included in the survey was sadness. A large number of males and females reported "more" sadness following the divorce. Of the remaining responses, more females than males reported "less" sadness, and more males than females reported "no change" in amount of sadness.

The third emotion included in the survey was loneliness. Over half of the males reported "more" loneliness compared to only one-third of the females who reported "more" loneliness in the postdivorce period. Around 30 percent of the females reported "less" loneliness, compared to a meager 5 percent of the males. About an equal number of males and females reported "no change" in the amount of loneliness in the postdivorce period.

#### Self-Issues

The responses to questions pertaining to self-issues are reported in table 6. One of the important issues in relationship to thoughts about one's self is the amount of time spent alone. Responses of both sexes were similar in the inquiry about the amount of time spent alone by the subjects following the divorce. A majority of persons stated that time alone had "increased." Almost the same number of males reported a "decrease" in the time alone as those who reported "no change." More females reported decreased time alone, while a small portion stated there had been "no change."

While time alone increased for divorced persons, the number experiencing "more" independence also increased. A large number, 87 percent, of the females reported "more" independence following the divorce compared to exactly half

TABLE 6  
 SELF-ISSUES FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Amount of time alone						
Increased	13	65.0	13	56.5	26	60.5
Decreased	3	15.0	7	30.4	10	23.2
No change	4	20.0	3	13.0	7	16.3
Totals	20	100.0	23	99.9	43	100.0
Independence						
More	10	50.0	20	87.0	30	69.8
Less	2	10.0	0	0	2	4.7
No change	8	40.0	3	13.0	11	25.6
Totals	20	100.0	23	100.0	43	100.1
Opinion of self						
Lower	8	40.0	13	56.5	21	48.8
Higher	5	25.0	7	30.4	12	27.9
No change	7	35.0	3	13.0	10	23.3
Totals	20	100.0	23	99.9	43	100.0

of the males who reported that change. The remainder of both sexes stated there had been "no change" in the independence they experienced postdivorce.

A more general issue than amount of time alone and independence was the opinion of one's self. When responding to the inquiry about their own opinion of self, both sexes more frequently answered that their opinions of themselves were "lower." The next popular response for females was a "higher" opinion of self, while for males the next most response was "no change." Although the answers to seven

questions could not be treated statistically, all subjects answered those questions. The results of those questions are reported in table 7.

TABLE 7  
ELIMINATED QUESTIONS FOR MALES AND FEMALES

	Males		Females		Total	
	No.	%	No.	%	No.	%
Laundry						
Do now-D	13	68.4	0	0	13	31.0
Do now-S	5	26.3	22	95.7	27	64.3
Do not do	1	5.3	1	4.3	2	4.8
No response	1		0		1	
Totals	20	100.0	23	100.0	43	100.1
Car Maintenance						
Do now-D	2	10.0	17	77.3	19	45.2
Do now-S	16	80.0	5	22.7	21	50.0
No car	2	10.0	0	0	2	4.8
No response	0		1		1	
Totals	20	100.0	23	100.0	43	100.0
Couples in social situations						
At ease	12	60.0	9	39.1	21	48.8
Uncomfortable	4	20.0	14	60.9	18	41.9
Not with	4	20.0	0	0	4	9.3
Totals	20	100.0	23	100.0	43	100.0
Sense of relief						
Yes	13	68.4	13	56.5	26	61.9
No	6	31.6	10	43.5	16	38.1
No response	1		0		1	
Totals	20	100.0	23	100.0	43	100.0
Freedom						
Enjoy	18	90.0	16	72.7	34	81.0
Don't enjoy	1	5.0	4	18.2	5	11.9
No freedom	1	5.0	2	9.1	3	7.1
No response	0		1		1	
Totals	20	100.0	23	100.0	43	100.0

TABLE 7--Continued

	Males		Females		Total	
	No.	%	No.	%	No.	%
Enjoyment of time alone						
Yes	15	75.0	17	73.9	32	74.4
No	4	20.0	4	17.4	8	18.6
Not alone	1	5.0	2	8.7	3	7.0
Totals	20	100.0	23	100.0	43	100.0
Amount of sexual activity						
More	6	30.0	7	30.4	13	30.2
Less	7	35.0	6	26.1	13	30.2
No change	3	15.0	0	0	3	7.0
Totals	20	100.0	23	100.0	43	100.0

### Parents and Nonparents

The responses of parents and nonparents to each question were tabulated and are reported in the following tables in terms of frequency and percentage. The same categorical divisions are used as above in discussing males' and females' responses.

### Life Styles

The responses of parents and nonparents to questions about changes in life styles are reported in table 8. The first of these questions is about a change in residence. This question was answered similarly by both parents and nonparents. The most frequent answer was a move from a

TABLE 8

## LIFE STYLES FOR PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Change in residence						
House to apt	6	31.6	9	39.1	15	35.7
Apt to apt	2	10.5	2	8.7	4	9.5
Other change	6	31.6	3	13.0	9	21.4
No change	5	26.3	9	39.1	14	33.3
No response	1		0		1	
Totals	20	100.0	23	99.9	43	99.9
Financial position						
Better	2	10.0	4	17.4	6	14.0
Worse	12	60.0	13	56.5	25	58.1
No change	6	30.0	6	26.1	12	27.9
Totals	20	100.0	23	100.0	43	100.0
Amount of decisions						
More	10	50.0	14	60.9	24	55.8
Fewer	0	0	2	8.7	2	4.7
No change	10	50.0	17	30.4	27	39.5
Totals	20	100.0	33	100.0	53	100.0
Amount of sleep						
More	3	15.0	2	8.7	5	11.6
Less	8	40.0	13	56.5	21	48.8
No change	9	45.0	8	34.8	17	39.5
Totals	20	100.0	23	100.0	43	99.9
Weight						
Gained	2	10.0	3	13.0	5	11.6
Lost	4	20.0	8	34.8	12	27.9
No change	14	70.0	12	52.2	26	60.5
Totals	20	100.0	23	100.0	43	100.0

house to an apartment. The following responses are in order of frequency chosen: "no change in residence," "a change not listed," and "a move from one apartment to another apartment."

Another question about life styles concerned financial matters in the postdivorce period. The financial position of most parents and nonparents was reported to be "worse" following the divorce. Some parents and nonparents reported "no change" in financial status; the remainder reported a "better" financial position.

The general activity of making major decisions was surveyed when inquiring about life styles. Half of the parents and about the same number of nonparents reported making "more" major decisions following the divorce. The other half of the parents and a lesser number of nonparents reported "no change." There were no parents who made fewer decisions after the divorce.

The increase in number of decisions made did not necessarily produce a loss of sleep. Slightly more than half of the nonparents reported sleeping "less" following the divorce. The most frequent answer for the parents was "no change" in the amount of sleep. Very few parents and nonparents reported sleeping "more" in the postdivorce period.

Another physical aspect of life styles was included in the questionnaire as subjects were asked about change in weight. Most of the parents and about one-half of the non-parents reported "no change" in weight since their divorces. Of the changes reported, more parents and nonparents reported losing weight than gaining weight.

#### Social Activities

The responses of parents and nonparents to questions about social activities are reported in table 9. The number of social activities increased following divorces of parents and nonparents alike. A few persons of both groups reported "no change," while even fewer said that the number of social activities had actually "decreased."

A narrower focus of the social activities is represented by investigation of weekend activities. Most parents, 85 percent, and nonparents, 82.6 percent, have "different" weekend activities since their divorces. The remainder reported the "same" weekend activities.

A different kind of social activity is communication with other persons about special problems. The most frequent response of both parents and nonparents to the inquiry into communication about special problems was that they talk with someone about those problems which reflects "no change" from the married state. An almost equal number of parents

TABLE 9  
 SOCIAL ACTIVITIES  
 FOR PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Number of social activities						
Increased	15	75.0	16	69.6	31	72.1
Decreased	1	5.0	3	13.0	4	9.3
No change	4	20.0	4	17.4	8	18.6
Totals	20	100.0	23	100.0	43	100.0
Weekend activities						
Same	3	15.0	4	17.4	7	16.3
Different	17	85.0	19	82.6	36	83.7
Totals	20	100.0	23	100.0	43	100.0
Communication about problems						
None now-S	6	30.0	2	8.7	8	18.6
Do now-S	7	35.0	10	43.5	17	39.5
None now-D	6	5.0	7	17.4	13	11.6
Do now-D	6	30.0	7	30.4	13	30.2
Totals	25	100.0	26	100.0	51	100.0
Amount of physical contact						
More	9	45.0	14	60.9	23	53.5
Less	9	45.0	7	30.4	16	37.2
No change	2	10.0	2	8.7	4	9.3
Totals	20	100.0	23	100.0	43	100.0

and nonparents reported that they talk to someone, but that it is a change for them. More parents than nonparents do not discuss problems with other persons and report that as "no change." More nonparents than parents do not discuss problems with other persons, which is a change for them.

Another kind of communication is actual physical contact. When asked about physical contact, nonparents reported "more" physical contact than before, more frequently than did parents. Only a few of both categories reported "no change."

#### Holidays

The responses to questions about holidays are reported in table 10. The question about holidays showed interesting differences between parents and nonparents. Almost three-fourths of the nonparents reported spending their holidays with "different" persons, while only about one-half of the parents spent their holidays with "different" persons.

Responses from parents and nonparents about holiday mood were very similar. About half of both categories reported "no change," some persons reported being "unhappier" at holidays, and a few persons were actually "happier."

#### Values

The responses to questions about changes in values are reported in table 11. One aspect of values is represented by views on moral issues. The number of responses indicating a lack of change in views on moral issues was very similar for parents and nonparents. However, of those

TABLE 10

## HOLIDAYS FOR PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Holiday company						
Different	11	55.0	17	73.9	28	65.1
Same	9	45.0	6	26.1	15	34.9
Totals	20	100.0	23	100.0	43	100.0
Holiday happiness						
Unhappier	9	45.0	7	30.4	16	37.2
Happier	2	10.0	4	17.4	6	14.0
No change	9	45.0	12	52.2	21	48.8
Totals	20	100.0	23	100.0	43	100.0

TABLE 11

## VALUES FOR PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Views on moral issues						
More liberal	9	45.0	6	26.1	15	34.9
More conservative	2	10.0	5	21.7	7	16.3
No change	9	45.0	12	52.2	21	48.8
Totals	20	100.0	23	100.0	43	100.0
Attitudes about sex						
Changed	11	55.0	8	34.8	19	44.2
No change	9	45.0	15	65.2	24	55.8
Totals	20	100.0	23	100.0	43	100.0

who did change, more parents than nonparents reported becoming "more liberal," while more nonparents than parents reported becoming "more conservative."

Subjects also were asked about changes in attitudes about sex. Although there was not a great difference between results, more parents than nonparents changed their attitudes about sex.

#### Emotions

Responses to questions about changes in emotions are reported in table 12. Three emotions were included in the questionnaire. The first emotion discussed is anger. The responses of parents and nonparents to the question about anger experienced following the divorces were alike. Most subjects reported "less" anger following their divorces. Some persons did report "no change." Few persons reported "more" anger following their divorces.

There was similarity between parents and nonparents also when asked about sadness. Both parents and nonparents experienced "more" sadness following their divorces. Some persons of both groups reported "less" sadness, and only a few reported "no change."

Although there was agreement between parents and nonparents about anger and sadness, loneliness was experienced differently by the two groups. Half of the parents

TABLE 12  
EMOTIONS FOR PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Amount of Anger						
More	4	20.0	7	30.4	11	25.6
Less	9	45.0	9	39.1	18	41.9
No change	7	35.0	7	30.4	14	32.6
Totals	20	100.0	23	99.9	43	100.1
Amount of sadness						
More	11	55.0	14	60.9	25	58.1
Less	6	30.0	6	26.1	12	27.9
No change	3	15.0	3	13.0	6	14.0
Totals	20	100.0	23	100.0	43	100.0
Amount of loneliness						
More	7	35.0	14	60.9	21	48.8
Less	3	15.0	5	21.7	8	18.6
No change	10	50.0	4	17.4	14	32.6
Totals	20	100.0	23	100.0	43	100.0

reported "no change," while over half of the nonparents reported being "more" lonely. A few of both categories actually experienced "less" loneliness.

#### Self-Issues

Responses of parents and nonparents to questions about self-issues are reported in table 13. The question about change in the amount of time alone spent by parents and nonparents resulted in different choices. Almost three-fourths of the nonparents had "more" time alone, while at

TABLE 13  
 SELF-ISSUES FOR PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Amount of time alone						
Increased	9	45.0	17	73.9	26	60.5
Decreased	7	35.0	3	13.0	10	23.5
No change	4	20.0	3	13.0	7	16.3
Totals	20	100.0	23	99.9	43	100.3
Independence						
More	16	80.0	14	60.9	30	69.8
Less	0	0	2	8.7	2	4.7
No change	4	20.0	7	30.4	11	25.6
Totals	20	100.0	23	100.0	43	100.1
Opinion of self						
Lower	11	55.0	10	43.5	21	48.8
Higher	4	20.0	8	34.8	12	27.9
No change	5	25.0	5	21.7	10	23.3
Totals	20	100.0	23	100.0	43	100.0

the same time "less" than half of the parents had more time alone. More parents than nonparents reported a "decrease" in time alone and "no change."

Similarity was evidence in responses about changes in independence also. An "increase" in independence was the most frequent choice for both parents and nonparents. However, the 80 percent of parents experiencing this increase was greater than the 60 percent of nonparents who experienced it. There were no parents indicating "less independence."

Responses of parents and nonparents to the question about opinion of self were similar. Almost half of the participants reported a "lower" opinion of self. The numbers reporting "no change" and a "higher" opinion of self were very close to being equal.

Although the answers to seven questions could not be treated statistically, all subjects answered those questions. The results of those questions are reported in table 14.

TABLE 14  
ELIMINATED QUESTIONS FOR  
PARENTS AND NONPARENTS

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Laundry						
Do now-D	8	40.0	5	22.7	13	31.0
Do now-S	11	55.0	16	72.7	27	64.3
Do not do	1	5.0	1	4.5	2	4.8
No response	0		0		1	
Totals	20	100.0	23	99.9	43	100.1
Car maintenance						
Do now-D	8	40.0	11	50.0	19	45.2
Do now-S	11	55.0	10	45.5	21	50.0
No car	1	5.0	1	4.5	2	4.8
No response	0		1		1	
Totals	20	100.0	23	100.0	43	100.0
Couples in social situations						
At ease	9	45.0	12	52.2	21	48.8
Uncomfortable	9	45.0	9	39.1	18	41.9
Not with	2	10.0	2	8.7	4	9.3
Totals	20	100.0	23	100.0	43	100.0

TABLE 14--Continued

	Parents		Nonparents		Total	
	No.	%	No.	%	No.	%
Sense of relief						
Yes	14	70.0	12	54.5	26	61.9
No	6	30.0	10	45.5	16	38.1
No response	0		1		1	
Totals	20	100.0	23	100.0	43	100.0
Freedom						
Enjoy	15	78.9	19	82.6	34	81.0
Don't enjoy	1	5.3	4	17.4	5	11.9
No freedom	3	15.8	0	0	3	7.1
No response	1		0		1	
Totals	20	100.0	23	100.0	43	100.0
Enjoyment of time alone						
Yes	15	75.0	17	73.9	32	74.4
No	2	10.0	6	26.1	8	18.6
Not alone	3	15.0	0	0	3	7.0
Totals	20	100.0	23	100.0	43	100.0
Amount of sexual activity						
More	8	40.0	5	21.7	13	30.2
Less	3	15.0	10	43.5	13	30.2
No change	2	10.0	1	4.3	3	7.0
No activity	7	35.0	7	30.4	14	32.6
Totals	20	100.0	23	99.9	43	100.0

### Changes

In order to identify changes, variables of change were ranked according to the percentage of the total population reporting that characteristic as a change in the post-divorce period. The variables are presented in descending

order of frequency in table 15, and are shown graphically in figure 1.

The change noted by more subjects than any other in the postdivorce period was the amount of physical contact experienced. The least noted change in the postdivorce period was a change in weight. Other changes reported by more than 75 percent of the subjects included amount of sadness, amount of time alone, weekend activities, the number of social activities, and opinion of self. The ten variables in which change was reported by 50 to 75 percent of the subjects were independence, financial position, anger, loneliness, residence, holiday company, amount of decisions, amount of sleep, holiday happiness, and views on moral issues. Three variables reportedly changed for less than half of the research subjects. These were communication about problems, attitudes about sex, and last in frequency, weight.

#### Statistical Treatment of Data

To compare changes reported by males and females and by parents and nonparents, a cross tabulation as proposed by the Statistical Package for the Social Services was performed. This cross tabulation yielded 2 x 2 contingency tables for each question.

TABLE 15

RANKING OF CHANGES IN LIFE STYLES  
REPORTED IN PERCENTAGES

Variable	Percentage Reporting Change	Percentage Reporting No Change
Amount of physical contact	90.7	9.3
Amount of sadness	86.6	14.0
Amount of time alone	83.7	16.3
Weekend activities	83.1	16.3
Number of social activities	81.4	18.8
Opinion of self	76.6	23.3
Independence	74.4	25.6
Financial Position	72.1	27.9
Anger, loneliness	67.4	32.6
Residence	66.7	33.3
Holiday company	65.1	34.9
Amount of decisions, amount of sleep	60.5	39.5
Holiday happiness, views on moral issues	51.2	48.8
Communication about problems	48.8	51.1
Attitude about sex	44.2	55.8
Weight	39.5	60.5

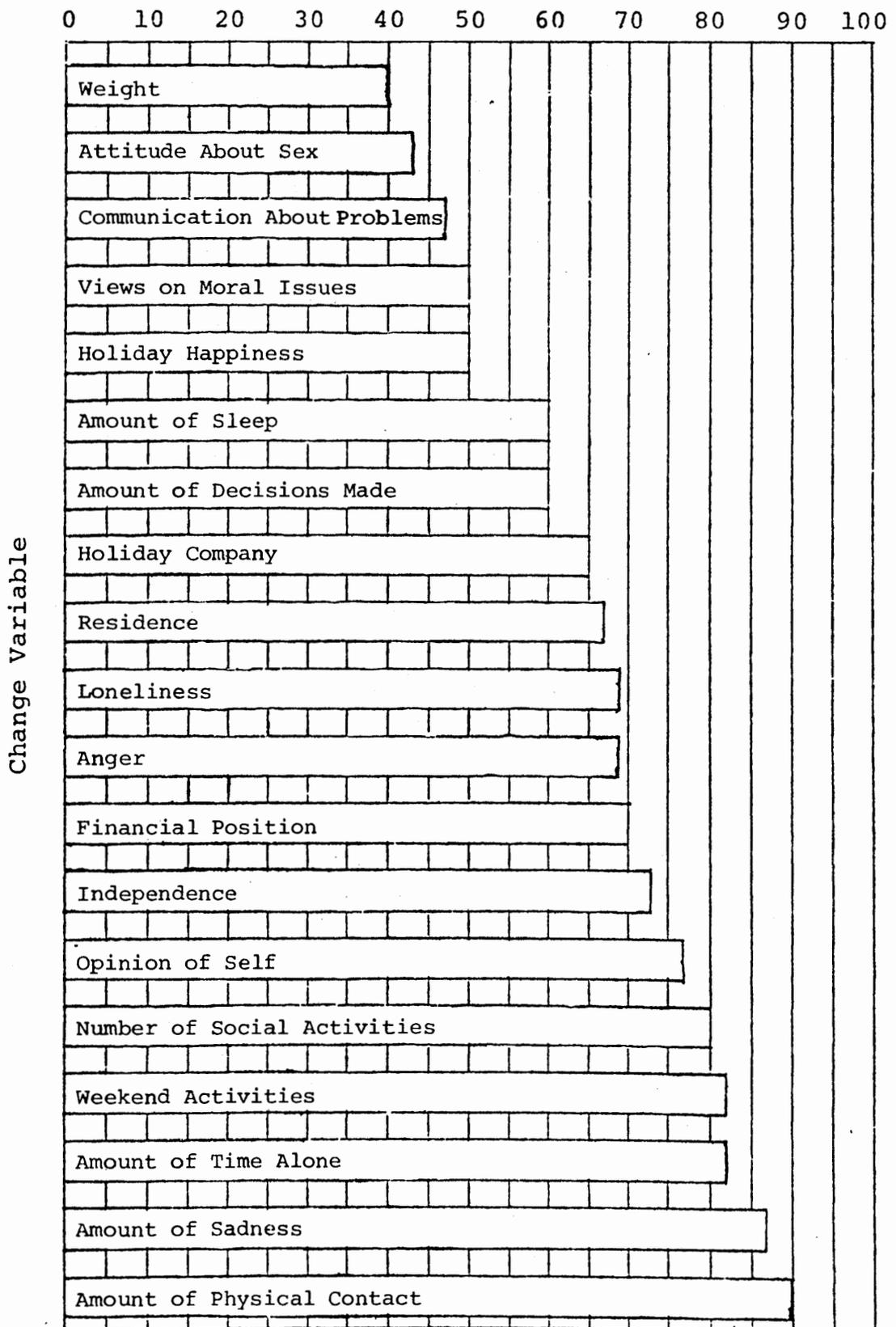


Figure 1. Percentage of subjects experiencing changes in life style since being divorced.

These tables were organized with change and no change and with male and female cells. In order to measure the difference between the reported frequencies of changes and the corresponding expected frequencies of those changes, a chi-square value was calculated. This value considered with the appropriate degree of freedom is reported in order as a numerical significance in table 16. The level of significance chosen for this study was  $p < .05$ .

There was a significant difference between males and females in identification of change with three variables. These three were amount of decisions made, amount of anger experienced, and holiday happiness. In all three of these areas, the majority of the males reported no change post-divorce. A major portion of the females, however, reported changes in these areas.

Responses to questions in three other areas resulted in a tendency toward significance. These three areas were weekend activities, independence, and attitudes about sex.

In order to compare parents' and nonparents' responses, contingency tables were organized with change and no change and with parent and nonparent cells. The chi-square value, appropriate degree of freedom, and numerical level of significance is reported in table 17. The chosen level of significance was  $p < .05$ .

TABLE 16  
 CHI-SQUARE VALUES FOR CHANGES REPORTED  
 BY MALES AND FEMALES

Variable	$\chi^2$	Degree of Freedom	Level of Significance
Amount of decisions made	8.24	1	.0041*
Amount of anger	6.79	1	.0093*
Holiday happiness	5.21	1	.0224*
Weekend activities	3.45	1	.0631**
Independence	2.79	1	.0949**
Attitudes about sex	2.68	1	.1011
Amount of sadness	2.27	1	.1315
Opinion of self	1.79	1	.1809
Amount of sleep	.99	1	.3192
Holiday company	.89	1	.3435
Weight	.77	1	.3790
Financial position	.39	1	.5312
Amount of physical contact	.14	1	.7044
Amount of time alone	.04	1	.8397
Number of social activities	.03	1	.8622
Views on moral issues	.02	1	.8701
Changes in residence	.01	1	.9130
Amount of loneliness	.00	1	.9939

\*p < 0.05

\*\*p < 0.10

TABLE 17

CHI-SQUARE VALUES FOR CHANGES REPORTED  
BY PARENTS AND NONPARENTS

Variable	$\chi^2$	Degree of Freedom	Level of Significance
Amount of loneliness	3.80	1	.0512*
Attitudes about sex	1.04	1	.3060
Amount of decisions made	.99	1	.3192
Holiday company	.95	1	.3285
Weight	.77	1	.3790
Change in residence	.30	1	.5837
Independence	.18	1	.6659
Amount of physical contact	.14	1	.7044
Amount of sleep	.13	1	.7108
Amount of sadness	.06	1	.7976
Amount of time alone and weekend activities	.04	1	.8397
Number of social activities	.03	1	.8622
Holiday happiness and views on moral issues	.02	1	.8701
Opinion of self	.01	1	.9129
Financial position	.00	1	.9558
Amount of anger	.00	1	.9939

\*p &lt; 0.05

Only one variable was significant when comparing parents and nonparents. That variable was amount of loneliness. Parents indicated "no change," while nonparents reported a change in the amount of loneliness.

Significant Differences Between  
Direction of Changes

Significance levels for comparisons of directions of change are reported in table 18. The statistical maneuver performed was chi-square. Sixteen of the questions on the questionnaire not only identified change, but also identified the direction of the change. Therefore, the contingency tables for these questions included two directions of change, such as "better" or "worse," and "more" or "less," and "no change," as well as the male-female designations. The level of significance used was  $p < .05$ .

When considering directional changes, there were significant differences between males and females with six variables. Three of the variables were emotional changes; these were amount of anger, amount of sadness, and amount of loneliness. The other three variables were amount of decisions made, independence, and holiday happiness.

Of the emotional variables, males usually reported "no change" in amount of anger, while a majority of females reported "less" anger. Another variable, loneliness, was

TABLE 18

CHI-SQUARE VALUES FOR DIRECTION OF CHANGES  
REPORTED BY MALES AND FEMALES

Variable	$\chi^2$	Degree of Freedom	Level of Significance
Amount of decisions made	10.60	2	.0050*
Amount of anger	8.67	2	.0131*
Amount of sadness	7.86	2	.0196*
Independence	7.43	2	.0243*
Holiday happiness	6.82	2	.0330*
Amount of loneliness	5.79	2	.0552*
Amount of physical contact	4.90	2	.0862**
Opinion of self	2.92	2	.2312
Views on moral issues	2.11	2	.3473
Communication about problems	3.22	3	.3578
Amount of sleep	1.71	2	.4234
Amount of time alone	1.54	2	.4628
Weight	1.48	2	.4759
Financial position	1.12	2	.5685
Change in residence	1.08	3	.7807
Amount of social activities	.32	2	.8502

\*p < 0.05

\*\*p < 0.10

experienced by a majority of males more often than when married. Females were evenly divided between "more" loneliness, "less loneliness," and "no change" in amount of loneliness. An "increase" in sadness was experienced by a majority of both males and females, although more males reported an "increase" in sadness than females. Significantly more females than males reported "less" anger, while more males than females reported "no change."

Two of the variables, holiday happiness and amount of decisions made, were not changed in the lives of males postdivorce. In contrast, females reported experiencing "unhappier" holidays and making "more" major decisions. Both males and females reported an "increase" in independence. However, the number of females, 87 percent, was significantly higher than males, 50 percent. Also, a significant number of males, 40 percent, reported "no change." One other variable, amount of physical contact, tended toward significance when comparing males and females.

Chi-square values, appropriate degree of freedom, and levels of significance are reported in table 19. There were no significant differences between parents and non-parents when considering directions of change of variables. However, a change in the amount of loneliness tended toward significance.

TABLE 19

CHI-SQUARE VALUES FOR DIRECTION OF CHANGES  
REPORTED BY PARENTS AND NONPARENTS

Variable	$\chi^2$	Degree of Freedom	Level of Significance
Amount of loneliness	5.22	2	.0735*
Amount of time alone	4.01	2	.1343
Amount of decisions made	3.00	1	.2230
Communication about problems	4.21	3	.2289
Independence	2.75	2	.2521
Views on moral issues	2.11	2	.3473
Weight	1.48	2	.4759
Change in residence	2.38	3	.4967
Amount of sleep	1.24	2	.5363
Opinion of self	1.17	2	.5551
Holiday happiness	1.14	2	.5651
Physical contact	1.13	2	.5675
Amount of social activities	.82	2	.6613
Amount of anger	.61	2	.7364
Financial position	.49	2	.7789
Amount of sadness	.15	2	.9271

\* $p < 0.10$

Summary

Forty-three responses to nineteen questions were used to identify changes in the postdivorce period. The change reported most frequently was a change in the amount of physical contact since divorce. The change reported least frequently was in the weight of the subjects since divorce.

In comparisons of males and females in the changes reported, significant differences were found in number of major decisions made, the amount of anger experienced the first six months following the divorce, and happiness during holidays since the divorce. In comparisons of parents and nonparents in the changes reported, a significance difference was found in the amount of loneliness experienced following the divorce.

When considering not only the presence of absence of change but also the direction of change, the following findings were apparent. Females reported making "more" decisions, experiencing "less" anger, experiencing "more" independence, and spending "unhappier" holidays than when married. For the same variables, most men reported "no change." More females experienced "less" sadness than males, while more males experienced "no change" in amount

of sadness. There were no significant differences in direction of changes reported by parents and by nonparents.

## CHAPTER V

### SUMMARY, CONCLUSIONS, IMPLICATIONS, AND RECOMMENDATIONS

This chapter contains a summary of the study to identify changes in the postdivorce period and to compare those changes as reported by males and females and by parents and nonparents. Conclusions as well as implications and recommendations are presented.

#### Summary

The problem of this study was to identify changes experienced by persons in the postdivorce period and to compare those changes reported by males and females and by parents and nonparents. Forty-three persons were surveyed with a multiple choice questionnaire. This tool was developed from interviews in which divorced persons identified changes in their living patterns resulting from the divorce. The sample for the study came from two separate Southern Baptist churches, one in a metropolitan area in Texas and one in a suburb of a metropolitan area in Oklahoma. All subjects used in the study had been divorced one time only, for periods ranging from six months to five years.

Following collection of the data, tabulations were made of all responses. Responses to the questions revealed that a change in physical contact was the most often reported change by persons in the postdivorce period. A comparison of changes reported by males and females showed significant differences between them in the number of major decisions made, the amount of anger experienced the first six months following the divorce, and happiness during holidays since the divorce. Women identified more changes in each than did the men. In comparisons between parents and nonparents a significant difference between them was found in the amount of loneliness experienced for the first six months following the divorce with nonparents experiencing more loneliness.

Comparisons were made between males and females and between parents and nonparents when considering the direction of the change experienced. There were several significant differences between males and females. Females reported an increase in the number of major decisions made, a decrease in amount of anger experienced, an increase in amount of sadness, an increase in independence, and more unhappiness during holidays, while men reported no change in these areas. However, men reported being lonelier more often while females experienced no change in amount of loneliness. There were no significant differences in direction

of change between parents and nonparents in the variables included in this study.

### Conclusions

From the results described above, it can be concluded that there are a number of changes in life styles which occur following a divorce. Specifically, a change in the amount of physical contact can be expected by both males and females. Other changes which are likely to occur are changes in the amount of sadness, the amount of time alone, weekend activities, the number of social activities, and the opinion of self.

Of the changes which are experienced in the post-divorce period, it appears that more changes are experienced by females than males. Of the six variables which showed significant differences between males and females, five of those variables were reported by males to not have changed for them after the divorce. More specifically, following the divorce, females make more major decisions, they are unhappier at holidays, they are usually less angry, they are more independent, and they are less sad than when married. Males do not experience changes in these areas as much as females do. However, males are lonelier in the postdivorce period more often than females.

Results of this study reaffirm several ideas presented in the literature about divorce. The frequency, 76.6 percent, of persons reporting change in opinion of self in this study supports Trotter's (1976) stance that divorce leads to change in self-concept. This study supports also Atkin and Rubin's (1976) ideas that loneliness is common for divorced men. The loneliness reported by parents in this study supports Salk's (1975) statement relating the presence of loneliness in the life of the divorced parent. The response of parents and nonparents indicating a worse financial position postdivorce supports Dresen's (1976) and Tooley's (1976) report of economic problems for divorced parents.

Several other ideas, however, are not validated by results of this study. While the literature reports financial difficulties are experienced mostly by women, the results of this study show little differences between men and women in financial position following divorce. Both sexes have reported a "worse" financial position. This study does not concur with the research of Heatherington that men sleep less following divorce. Half of the men in this study report no change in amount of sleep in the post-divorce period. Although Dresen (1976) suggests that parents have difficulty at holidays, parents who were

participants in this study reported no change in holiday happiness as often as they reported being unhappier during holidays since the divorce.

In the questionnaire for this study, females reported changes more frequently than men. One possible reason for this is that perhaps the questionnaire was biased toward those things which affected women more than men. However, the questions were formulated from changes reported in interviews with both men and women, and the questions were not specifically directed toward the female sex. Therefore, it appears that females experience more changes than males following a divorce. This supports personal experiences reported by females in the postdivorce period, such as Friedan (1976). She has related difficult changes she experienced in this period.

There are fewer differences between the parent and nonparent groups than between males and females. One possible explanation for this difference is that the questionnaire was biased toward more variables which changed for males and females than for parents and nonparents. However, the questions were formulated by persons from both parent and nonparent groups as well as male and female groups.

One other possible explanation might be that the social roles ascribed to parents and nonparents are not as different in lifestyles than those of males and females. With differences in roles assigned to males and females in society, differences in reactions to a divorce process are not surprising. However, society does not demand distinct differences between parents and nonparents. The structure of the roles of parents and nonparents is not as rigid as that for males and females. The primary demand of parents is that they care for their children, but there are few expectations of parents in terms of behavior and feelings.

The one notable difference between parents and nonparents is in the amount of loneliness experienced post-divorce. Nonparents are lonelier more often than parents after their divorces. These results are probably due to the fact that parents share much of their time with their children. Therefore, they are likely to be with someone more than the nonparent and are thus less lonely.

The area in which more changes were reported than any other is social activities. Social life is apparently affected more by divorce than any other single area. More specifically, the amount of physical contact, the weekend activities, and the number of social activities change for

most divorced persons. One plausible explanation is that the divorced persons uses social activities to prevent being alone. His need to be with others may be met through his different social activities.

The variables which could not be reported accurately because of the elimination of seven questions from the statistical results, do seem to have importance in the post-divorce period. Responses to questions about laundry and car maintenance indicate differences between males and females in these areas. Also, freedom, a sense of relief, amount of sexual activity, and feelings when around couples in social situations seem to change for many persons. Therefore, these areas may still be important, although they were not examined in the results.

#### Implications for Nursing

The study to identify changes in the postdivorce period has identified important changes in the life styles of persons in the postdivorce period. Knowledge of these changes is basic to the mental health nurse, who consistently makes judgments about clients' behaviors. With this knowledge the nurse is equipped to assess the clients' behaviors in relationship to his divorce experience as being normal as compared to other persons in the postdivorce period. As a part of her plan of intervention, she may

exercise her teaching function by assuring the client that other persons in the postdivorce period have experienced these changes. The anticipated result is a lower level of anxiety of the client who then possess the emotional energy to make necessary adaptations to resume a normal pattern of living and a higher level of wellness. For example, the divorced male may experience more times of loneliness than he has previously. Consultation with the nurse about this loneliness could result in the nurse's telling the client about the divorce process and acknowledging that men often report loneliness in the postdivorce period. Knowing that this emotion is common for men, the divorced man could be relieved and thus begin to decide what to do about his loneliness.

Because of the number of changes in the postdivorce period, the nurse needs to incorporate her knowledge of change into care of the divorced client. One of the basic ideas about change is that accompanying the differences in thinking, behavior, and/or feelings is a sense of discomfort due to the uncertainty of the result of the new thinking, behavior and/or feeling. With a number of changes in the postdivorce period, the divorced person is likely to experience some emotional discomfort. The nurse who encourages

expression of this discomfort during this time of divorce will be helping the client progress through the divorce process.

One of the most important areas to be assessed in the psychosocial realm of the divorced client is that of his social activity. Due to the report of changes in this area by most divorced persons, the nurse will focus on assessment of the social skills of the client and support him in subsequently planning his own interventions to improve his ability to socialize.

This study indicates a difference in changes experienced by males and females in the postdivorce period. The nurse must deem it necessary to consider unique characteristics of each sex when making judgments about clients' behavior in the postdivorce period.

The nurse's responsibility for primary prevention of mental illness is of paramount importance when caring for the divorced client. One intervention necessary for prevention of problems is planning for anticipatory changes. These changes have been identified for each sex. The female will be making more major decisions than when she was married. She will be experiencing less anger than she did previously. In the first six months following her divorce, she may experience more sadness than when married. She

also may find an increase in her independence following the divorce. Finally she may find the holidays to be unhappier than when she was married.

For her male counterpart the above changes are less likely, although the male is likely to find himself lonelier than the divorced female. An anticipatory change for the nonparent is more loneliness than when married.

Because of the number of changes which occur in the lives of females in the postdivorce period, the nurse needs to focus especially on the female contemplating a divorce. Knowledge of probable changes in the postdivorce period may be information which will help her make a rational decision about whether or not to obtain the divorce. Also, knowledge of probable changes may help her strengthen support systems necessary in the postdivorce period. With adequate planning, the postdivorce period may actually be less traumatic for the female experiencing many changes during this time in her life.

Although the mental health specialist is mentioned above, every nurse who cares for a divorced person in any environment must include knowledge of divorce in her framework for assessment of the total person. Because of emotional involvement in physical problems, changes in emotions in the postdivorce period are of prime importance when

considering the recovery period of any divorced person with a health interruption.

The acquisition of knowledge about divorce increases responsibilities for nursing educators. While preparing future nurses to care for the total person in his family situation, nursing curriculums have focused on family interactions and family dynamics. With the rapid increase in numbers of divorces, additional information is needed for application to the divorced person in his home environment. The changes, differences between males' and females' changes, and differences between parents' and nonparents' changes in the postdivorce period are integral aspects of the psychosocial aspects of the divorced person. Therefore, it behooves nursing education to provide its participants with this knowledge about a large segment of their future client population.

#### Recommendations

The following recommendations are offered in this study:

1. Since this study included subjects who were middle-class and white, it is recommended that this study be replicated to include control of variables such as socio-economic status, educational background, occupational status, and age

2. It is recommended that this study be replicated with a larger sample, with persons other than those attending church affiliated meetings, and with persons from different geographical locations in order to increase generalizability

3. Replication of this study is recommended to compare male parents and female parents. A comparison of male nonparents and female nonparents is recommended also

4. It is recommended that this study be replicated to include variations in the divorce experience such as identification of person filing for divorce, feelings about the divorce itself, ages of children at the time of the divorce, the number of children at the time of the divorce, the presence of children in residence after the divorce, the number of times divorced, the length of time divorced, the legal procedures of the divorce, and the professional counseling treatment of persons following the divorce

5. Replication of the study is recommended for consideration of variables associated with the former marriages of the divorced persons. These variables include length and quality of the former marriage

6. It is recommended that the study be replicated to compare these changes reported by divorced persons with those changes experienced by married persons

7 Additional studies are recommended to compare changes reported by divorced persons with those reported by widows and widowers

8. Additional study is recommended to identify the normality or abnormality as well as the healthiness or unhealthiness of the changes reported in the postdivorce period

9. Due to the large number of persons indicating changes in weekend activities and numbers of social activities, it is recommended that further study be done to identify the nature of these activities

10. Due to the report of females making more major decisions in the postdivorce period, it is recommended that studies be done to identify the decisions

11. Finally, it is recommended that this study be replicated to increase the reliability of the questionnaire

In summary, this study has added information to the body of knowledge concerning divorce. It is now known that following divorce, persons experienced a number of changes, such as change in amount of physical contact, amount of sadness, amount of time alone, weekend activities, number of social activities, and opinion of self. There are differences in changes experienced by females and those experienced by males. Females make more major decisions,

are unhappier at holidays, are less angry, are more independent, and are less sad than when married. Males report no change in these areas. Males, however, are lonelier more often than females in the postdivorce period. The only significant difference between parents and nonparents is in amount of loneliness experienced. Nonparents are lonelier than parents following their divorces.

With this knowledge the nurse may provide a better quality of care for her divorced clients. Although this has been a significant study in the area of divorce, additional research will enhance the nurse's ability to understand and care for the divorced person.

APPENDIXES

APPENDIX A

TEXAS WOMAN'S UNIVERSITY

(Form A -- Written presentation to subject)

Consent to Act as a Subject for Research and Investigation:

(The following information is to be read to or read by the subject):

1. I hereby authorize Lana Bolhouse  
(Name of person(s) who will perform  
procedure(s) or investigation(s))

to perform the following procedure(s) or investigation(s):

(Describe in detail)

A questionnaire pertaining to changes in the post-divorce period will be distributed. The subject will be asked to circle the most appropriate, given possibility. Following the completion and return of the questionnaire, the researcher will conduct a discussion which will allow but not require that subjects discuss any aspect of the questionnaire.

2. The procedure or investigation listed in Paragraph 1 has been explained to me by Lana Bolhouse.  
(Name)

3. I understand that the procedures or investigations described in Paragraph 1 involve the following possible risks or discomforts:  
(Describe in detail).

Answering the questionnaire may remind the subject of a painful experience specifically the divorce itself and experiences related to that event.

TEXAS WOMAN'S UNIVERSITY

(Form 7 - continuation)

3. I understand that the procedures and investigations described in Paragraph 1 have the following potential benefits to myself and/or others:

Answering the questions asked may promote the subject's understanding of the divorce process experienced by the subject.

Answering the questionnaire about the post-divorce period may promote understanding by any others who may be informed of the results of the study.

4. An offer to answer all of my questions regarding the study has been made. If alternative procedures are more advantageous to me, they have been explained. I understand that I may terminate my participation in the study at any time.

\_\_\_\_\_  
Subject's signature

\_\_\_\_\_  
Date

(If the subject is a minor, or otherwise unable to sign, complete the following):

Subject is a minor (age \_\_\_\_\_), or is unable to sign because:

Signatures (one required)

\_\_\_\_\_  
Father

\_\_\_\_\_  
Date

\_\_\_\_\_  
Mother

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian

\_\_\_\_\_  
Date

APPENDIX B

SYNOPSIS OF INTERVIEWS USED TO  
DETERMINE CHANGE ISSUES

Interview 1

The statements below are selected from content of an interview conducted with a male parent who had been divorced three and one-half years at the time of the interview:

He moved into an apartment for a while and then into a house.

In church, he moved from married department into a singles department.

He made new contacts with single people.

He was saddened by the divorce.

He started dating.

He started having to do his own laundry, ironing, and cooking.

He goes out to eat a lot.

He took his clothes, desk, and office supplies with him; everything else, including his tools, stayed with his ex-wife.

He misses having his books.

His financial situation was worse for the first three years.

He operated more on an emotional level than a rational level at times immediately following the divorce.

He was more active sexually immediately after the divorce.

He experienced a change in attitude about sex outside of marriage.

He experienced a change in his identity; he discovered he had an ability to easily establish relationships with women.

He now has freedom to work late without having to be home for meals.

He has the same dog as when he was married.

He has had more social activities since the divorce.

He has been more aware of single people and the needs of other people.

### Interview 2

The statements below are selected from content of an interview conducted with a male parent who had been divorced for two years at the time of the interview:

He eats different kinds of food.

He has had a weight loss.

He slept less initially.

He has had a change in finances; he is now supporting two households.

He moved from a house to an apartment.

He changed cars; he changed from a Cadillac to a Volkswagen.

He has had a change as far as television is concerned; he now has none by choice.

He sees his children more now.

His weekends are restructured.

Discipline with his children is a problem.

He does not take his children to ball practice or other activities as he used to.

He now has freedom for business appointments.

He started dating.

Dating is different for him than prior to marriage; women he dates have been married before, and these women have more psychological problems than females who have not been married.

He has no association with former friends; he changed friends and churches. His friends at church are single, and his friends in business are married.

There is a difference in actions around women he dates; it took him six months to eliminate automatic reactions to his wife.

His attitude about divorced people changed.

He has had a change in morals about such things as sex, drinking, and dancing; basically, he is more liberal.

He now has to do laundry which is a change.

His holidays are different; he used to spend them with extended families, and now he spends them with his children.

He now experiences more intense feelings.

He has had more frustration at the loss of his parent role than the loss of the husband role.

He has had more anger than when married.

He has had less physical and body contact than when married.

He misses having someone in which to confide.

His divorce did not turn him against marriage.

He has different criteria for marriage partner than the first time.

Interview 3

The statements below are selected from content of an interview conducted with a female parent who had been divorced four years at the time of the interview:

She became independent for the first time in her life.

She is independent financially.

She is making important decisions which is new for her.

She had to replace her car and house following the divorce.

She moved into a rented house.

She was better off financially for the first six months than when married.

Since her children have grown up, her finances are becoming worse.

She eats out a lot more for meals.

She had a change in the kind of food eaten; she ate all foods her ex-husband would not eat when they were married.

Major maintenance for her car is now done by her father instead of by her husband.

She has learned to do many things about house maintenance; major things she depends on others to do for her.

For the first six months, she dated a lot; now she has many activities with her children.

She and her ex-husband never went out; the first six months postdivorce, she went out "constantly."

After divorce, she felt relief; she was better in every area of life.

The depression she experienced in the last year of her marriage was gone.

She felt free.

She grew up for the first time in her life.

She had a change in her attitudes toward sex; she is now more mature and more open about her opinions.

She feels like a better parent although she has more responsibility than when married.

At family get-togethers she feels left out.

Her relationship with married friends has changed; she felt like a third wheel.

Her holidays are very depressing; Christmas time is the worst.

She has learned to be alone and be satisfied for the first time in her life.

She has a dog, the same dog as when she was married.

#### Interview 4

The statements below are selected from content of an interview conducted with a female nonparent who had been divorced four years at the time of the interview:

She is now seeing herself as a single as opposed to being married.

Initially she experienced more anger than when married; she did not like "being dumped back into the single world."

She felt isolated initially.

She no longer saw married couples that she associated with when married.

She now has new support systems; she has new friends at work and at church.

She is now involved in a church, especially a singles' group.

She does not have anything to structure around in terms of time.

She feels loneliness with her freedom.

In the past six months, she has felt comfortable being alone.

She kept very busy initially to deal with her time alone.

She is now learning to date, but it is still an uncomfortable activity for her.

Dating is totally different than dating prior to marriage.

Her concept of her role as a woman has changed.

She is more assertive and more direct.

She now feels it is okay to have sexual needs.

Her holidays are uncomfortable times for her.

She had sadness and depression following her divorce.

She experienced general anxiety following the divorce.

Her self-concept was lower.

Losing her house was the hardest thing for her postdivorce.

She moved into an apartment.

She lost the dog.

She took the stereo; he took the rest of the furniture.

She sees the apartment as a temporary thing, although she doesn't want to buy a house.

She sees single status as a temporary thing.

Having an apartment takes care of male household chores.

If she has trouble with her car, her friends take care of it.

The idea of being happy being single was a major change for her.

Some of her friends have had trouble getting credit; it may depend on ex-husband's credit.

APPENDIX C

## QUESTIONNAIRE

Directions: On the following pages are questions which are being used in a research project investigating changes occurring during the postdivorce period of persons who are divorced.

Please circle the given option which most nearly expresses your answer to the question. CIRCLE ONLY ONE RESPONSE PER QUESTION. Please answer all questions. Thank you.

Since my divorce I:

- A. have changed my attitude about sex outside of marriage
- B. have not changed my attitudes about sex outside of marriage

For the first 6 months I considered myself to be:

- A. in a better financial position than before my divorce
- B. in a worse financial position than before my divorce
- C. in the same financial position as before my divorce

Since my divorce the amount of time I spend alone:

- A. has increased
- B. has decreased
- C. has remained the same

Since my divorce I:

- A. have gained weight (10 pounds or more)
- B. have lost weight (10 pounds or more)
- C. have had no significant change in weight

Since my divorce I:

- A. do laundry which I did not do when I was married
- B. do laundry which I did when I was married
- C. do not do my laundry

Since my divorce I:

- A. have made more major decisions than when I was married
- B. have made fewer major decisions than when I was married
- C. have made the same number of major decisions as when I was married

For the first 6 months following my divorce, my opinion of myself was:

- A. lower than when I was married
- B. higher than when I was married
- C. the same as when I was married

Since my divorce I:

- A. have been with couples in social situations and have felt at ease
- B. have been with couples in social situations and have felt uncomfortable
- C. have not been with couples

Since my divorce I spend my weekends:

- A. participating in basically the same activities as when I was married
- B. participating in different activities than when I was married

Following my divorce I:

- A. moved from a house to an apartment
- B. moved from one apartment to another apartment
- C. made a change not listed in A or B
- D. stayed in the same place as when I was married

For the first 6 months following my divorce I experienced:

- A. more times of sadness than before my divorce
- B. less times of sadness than before my divorce
- C. no change in the amount of sadness

During the holidays in the past year, I usually have been:

- A. unhappier than hoidays when I was married
- B. happier than holidays when I was married
- C. about the same emotionally as holidays when I was married

Since my divorce I generally:

- A. have become more independent than before my divorce
- B. have become more dependent than before my divorce
- C. see no difference in my dependence-independence

Since my divorce I:

- A. arranged for maintenance of my car which I did not do before my divorce
- B. arrange for maintenance of my car which I did before my divorce
- C. do not own a car

Since my divorce the number of social activities outside the home in which I participate:

- A. has increased
- B. has decreased
- C. has remained the same

My holidays are usually spent:

- A. with different persons than when I was married
- B. with the same persons as when I was married

Since my divorce I:

- A. have enjoyed the freedom that comes with the single life
- B. have not enjoyed the freedom that comes with the single life
- C. have not experienced any freedom

For the first 6 months following the divorce I:

- A. had more sexual activity than the last 6 months of my marriage
- B. had less sexual activity than the last 6 months of my marriage
- C. had the same amount of sexual activity than the last 6 months of my marriage
- D. had no sexual activity

For the first 6 months following my divorce I:

- A. slept more
- B. slept less
- C. had no change in amounts of sleep

For the first 6 months following my divorce I experienced:

- A. more times of anger than before my divorce
- B. less times of anger than before my divorce
- C. no change in amount of anger

For the first 6 months following my divorce I experienced:

- A. more times of loneliness than before my divorce
- B. less times of loneliness than before my divorce
- C. no change in the amount of loneliness

For the first 6 months following my divorce I:

- A. felt a sense of relief
- B. felt no sense of relief

Since my divorce I have:

- A. more physical contact with persons of the opposite sex
- B. less physical contact with persons of the opposite sex
- C. about the same amount of physical contact with persons of the opposite sex

Since my divorce I:

- A. enjoy my time alone
- B. do not enjoy my time alone
- C. am not alone

Since my divorce my view on most moral issues has:

- A. become more liberal
- B. become more conservative
- C. not changed

Since my divorce when I have special problems I:

- A. do not talk to anyone about them which is what I did when I was married
- B. do not talk to anyone about them which is different from what I did when I was married
- C. talk to someone about them which is what I did when I was married
- D. talk to someone about them which is different from what I did when I was married

You may use the following space to express any other significant changes experienced. Also, any comments you have to make are welcomed.

APPENDIX D

DEMOGRAPHIC DATA SHEET

1. Are you presently divorced? Yes \_\_\_\_\_ No \_\_\_\_\_
2. How long have you been divorced? \_\_\_\_\_
3. How many times have you been divorced? \_\_\_\_\_
4. Male \_\_\_\_\_ Female \_\_\_\_\_
5. Do you have children? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Do you have any children 18 years of age or younger from your past marriage? Yes \_\_\_\_\_ No \_\_\_\_\_

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